Table S1. Implementation themes with illustrative quotes.

Theme	Illustrative Quote
Adoption	• 'Health-wise, I felt that it would keep me interested in exercising, and if it could help with diabetes, I really was interested in trying to help myself, because left alone, it's easy just to fall back into old habits.' (Participant 5; Age 71 years) • '…(To) have a little kiosk over there in the shopping mall, something for diabetes, if that can be done and attract people to participate.' (Participant 32; Age 66 years) • 'Yeah, I would think online, maybe, getting the information out there is probably the best way nowadays… (through) Facebook, Twitter, or Instagram... that would probably be the best way, I would think.' (Participant 27; Age 63 years) • '(Recruitment) through a doctor, or general practitioner… (Because you can) speak to a doctor and get onto a program to help you, making you more aware of the foods, exercise (involved in the program).' (Participant 47; Age 65 years) • 'Whether it's Facebook or (other forms of social media). Getting permission from some of the Facebook groups would be a good one, like if you had a diabetes or a metabolic website…because you're not selling anything; you're actually doing something that'll help.' (Participant 11; Age 64 years) • 'Diabetes Australia…, or the [National Disability Insurance Scheme (NDIS)] would be valued, perhaps sign up at doctors and the dietitian's nurse or even podiatrists because often with diabetes, you're going to podiatrists.' (Participant 5; Age 71 years)

Costs	• 'Yes, I would've paid for it. I think on a weekly basis, yes, I think if you paid - if you're a pensioner, I think about 15 a week.' (Participant 5; Age 71 years) • 'Look, I would have paid maybe $50, $60 a month.' (Participant 27; Age 63 years) • 'No, I wouldn't (pay for the program). In the past I've always taken steps to try and mitigate any health problems by reaching out to my doctor and following his or her advice. And I got a feeling I had to do it. I shouldn't have to do anymore or spend any money.' (Participant 34; Age 75 years)
Appropriateness	• *'(The DVA platform) visually and audio-wise, (is) excellent. To incorporate the two, I think it's very good. I think it's ideal… and it's pretty mobile. You can actually unplug it and put it somewhere suitable, for people to actually engage with it, so I think it's good. Size is a good size, so the 7-inch is more than good enough to see.' (Participant 35; Age 67 years)*
Acceptability	• 'I was very satisfied… with the information that was being given. (The content delivered) was… reinforcing the ideas that I had in (my) mind of how to go about keeping my blood sugar down, and (completing) the exercises.' (Participant 32; Age 66 years) • 'I'd say the conversations (with the DVA platform) were probably better than (the exercises, which were) the actual other part of the program, so it was good to hear and talk… rather than just sit back and listen. So, yes, I would say that would be a better way of delivering it too, from a conversational point of view.' (Participant 16; Age 63 years) • 'Perhaps mostly being able to see it. (The) previous (program) I did was on my phone with the physio app, which was fine, but I didn't feel part of a group whereas being able to see it, I felt like I was involved with somebody instead of just being on my own, doing it. I guess that's what I enjoyed.' (Participant 5; Age 71 years)

	• ‘You’ve done it pretty well. I can’t think of any (improvements) at the moment... You’ve sent through the food, dietary advice and followed up by the exercise — it’s pretty good as it is I think.’ (Participant 34; Age 75 years) • ‘As far as the exercise is concerned, I felt that it was great in the beginning, —but then it became very repetitive in its nature… I didn’t engage as much because it was the same… So, from the basic level, it was all good but for me, it was very monotonous from the second half of the program.’ (Participant 16; Age 63 years) • ‘There were times when (the DVA platform) was buffering, but that was just a matter of waiting for (the DVA platform to load), just a couple of seconds… but that was not very often.’ (Participant 32; Age 66 years) • ‘(The DVA platform) stopped and started, and froze a lot, — people my age find things like that rather annoying because we don’t understand it. I had to restart it — but I’d think, “Why can’t I do this?” So, I think there was a few issues with that… I think I told you this before, you froze in some particularly weird positions (in the exercise videos), and then sometimes it would just stop half-way through an exercise, and then, I had to ask it to start all over again, and I found that annoying.’ (Participant 47; Age 65 years)
Fidelity	• ‘To tell you the truth, the reminders that used to come up (assisted me in completing the program). So, we set the reminders at 6:00 o’clock at night and that would prompt you to do it. I think that was a good thing and Alexa (the DVA platform) is great for that.’ (Participant 16; Age 63 years)

	• ‘Alexa (the DVA platform), you (can) fit it in at home and you're not having to drive somewhere; — you still need to fit it in your day, but if you can't… you can do it when you're at home and you don't have to go anywhere.’ (Participant 11; Age 64 years) • ‘There were two times during this 12-week period when I fell ill…I think this week, I missed out a couple of days… I was on antibiotics and there was no motivation in me to get onto doing the exercises.’ (Participant 32; Age 66 years) • ‘I was reluctant and not doing the (exercises) properly. (I was not feeling) 100% (during) the last few weeks, (especially) with the jumping (exercises). I was sort of two centimetres off the ground.’ (Participant 48; Age 71 years) • ‘I’d like to sit back and say (I’m) a reasonable specimen, but with the dodgy shoulder and a cartilage removed 45 years ago… (I struggled with) the leg exercises, the hopping and the jumping… (I felt) a little bit compromised (completing the exercises) … I had a little bit of (a) lower backache, (it was) just that particular style of movement (which) was just catching (my lower back).’ (Participant 35; Age 67 years)
Feasibility	• ‘If you’re in reasonable health, and you can manage the exercises, and as in my case you’re retired or you’re semi-retired… and you feel like you can make the commitment, I think it’s generally doable.’ (Participant 48; Age 71 years) • ‘I think this is what the problem was. There wasn’t a lot of education on usage of Alexa (the DVA platform).’ (Participant 16; Age 63 years)

	• '(Improving is) just a matter of whether their ability to do the exercises is there and if they're not getting bored of the exercise. If the exercises are less strenuous than they were expected to be, then they might get bored, so that has to be sorted out.' (Participant 32; Age 66 years) • 'I think not making (the program) as long. Like cutting out some of the steps (required to begin the exercise session) … The exercises were (also) a bit too repetitive.' (Participant 48; Age 71 years)
Sustainability	• 'I'm definitely seeing results… besides doing the exercises that come up on the Alexa (the DVA platform), I try to do some crunches now that I've already started the exercises. (I) do a few more exercises of my own and I can see the benefits of it. For example, I used to go to the gym and then it so happened that when we started this program, the gyms were closed, and (the DVA delivered lifestyle program) helped me to keep (exercising). It is definitely a benefit.' (Participant 32; Age 66 years) • 'Just the reminders (function) and… physically being able to see (the device) … Alexa (the DVA platform) is sitting there in front of you as a reminder so to speak. (Participant 5; Age 71) • 'My peripheral neuropathy, and balance (affected me) ... particularly at a couple of the stages during the process, I had a couple of dizzy spells, because of the extreme work I was doing. So, there was a couple of days… when I'd come home, I couldn't move off the couch. I tried, but some of the (exercises) where I was standing up, I couldn't balance. That's my physicality, that's not your program.' (Participant 38; Age 69 years)