Assessed for eligibility (n = 762)

Excluded (n = 573)
- Not meeting inclusion criteria (n = 23)
- Did not sign-up for the intervention or did not answer the baseline questionnaire before the end of randomisation (n = 550)

Randomised (n = 189)

Facilitator visits

Allocated for intervention (n = 96)
- Received allocated intervention (n = 87)
- Did not receive allocated intervention (n = 9)
Reason(s):
- Did not receive any visits (n = 9)

Delayed intervention group

Allocated for intervention (n = 93)
- Received allocated intervention (n = 80)
- Did not receive allocated intervention (n = 13)
Reason(s):
- Received visits (n = 13)

Lost to follow up (n = 7)
Reason(s):
- Retirement (n = 2)
- Not responded questionnaire (n = 5)

Lost to follow up (n = 11)
Reason(s):
- Retirement (n = 4)
- Not responded questionnaire (n = 7)

Analysed
- Registry data: n=94
- Questionnaire data: n=89
- Excluded from analysis (n = 0)

Analysed
- Registry data: n=89
- Questionnaire data: n=82
- Excluded from analysis (n = 0)