133 Assessed for eligibility

- 85 Excluded
  - 74 = Did not meet inclusion criteria,
  - 11 = Declined to participate

28 Participants consented

- 24 Participants randomized to intervention
  - 4 Declined to participate further
    - 2 = work conflict,
    - 1 = lack of transportation,
    - 1 = personal reasons

21 Completed study

- 4 Excluded from analysis
  - 3 = medical complications
  - 1 = non-compliance

17 Analyzed