Invited to participate (n=2949)

Agreed to take part in phone survey (n=2196)
Assessed for eligibility

Excluded (n=1283)
Not meeting inclusion criteria (n=1090)
Medical condition (n=193)

Eligible (n=913)
Potential Intervention (n=575)
Potential Control (n=338)

Randomized (n=478)

Intervention group
Completed baseline questionnaire (n=248)
Total discontinued intervention (n=72)
changed mind (n=18)
medical reasons (n=15)
no reason given (n=14)
busy (n=10)
family reasons (n=7)
work reasons (n=5)
language barrier (n=3)
Completed post-questionnaire (n=176)

Control group
Completed baseline questionnaire (n=230)
Total discontinued (n=31)
no reason given (n=15)
changed mind (n=8)
family reasons (n=5)
language barrier (n=1)
medical reasons (n=1)
deceased (n=1)
Completed post-questionnaire (n=199)