**Allocation**

- **462 Phone**
  - 155 (34%) 10 counseling sessions
  - 165 (36%) 2-9 counseling sessions
  - 50 (11%) 1 counseling session
  - 92 (20%) 0 counseling sessions
  - Reasons:
    - 11 (2%) Administrative error
    - 81 (18%) No reaction to calls

- **464 Internet**
  - 85 (18%) 10 counseling sessions
  - 200 (43%) 2-9 counseling sessions
  - 59 (13%) 1 counseling session
  - 120 (26%) 0 counseling sessions
  - Reasons:
    - 8 (2%) Administrative error
    - 112 (24%) No reaction to e-mails

- **460 Control**
  - 155 (34%) 10 counseling sessions
  - 165 (36%) 2-9 counseling sessions
  - 50 (11%) 1 counseling session
  - 92 (20%) 0 counseling sessions
  - Reasons:
    - 11 (2%) Administrative error
    - 81 (18%) No reaction to calls

**Follow-up**

- **Baseline**
  - Weight measurement (of which self-reported weight as well)
  - EuroQol

- **6 months**
  - 262 EuroQol
  - 250 Cost data
  - 87 Withdrawal
    - 1 Deceased
    - 94 Complete non-response

- **12 months**
  - 217 EuroQol
  - 204 Cost data
  - 47 Withdrawal
    - 107 Complete non-response

- **18 months**
  - 183 EuroQol
  - 173 Cost data
  - 36 Withdrawal
    - 1 Deceased
    - 101 Complete non-response

- **24 months**
  - 214 Weight measurement
  - 30 Weight measurement - previous withdrawal
  - 200 Self reported weight
  - 259 EuroQol
  - 186 Cost data
  - 29 Withdrawal
    - 30 Complete non-response

- **199 Withdrawals**
  - Reasons:
    - 65 Unknown (33%)
    - 18 No personal benefit (9%)
    - 62 No time or lost interest (31%)
    - 32 Discontented (16%)
    - 16 Quit programme (8%)
    - 6 Pregnant (3%)

- **Complete cases**
  - Weight & costs: 147
  - QALYs & costs: 140
  - 1 excluded because of pregnancy

- **Imputed datasets**
  - 453 Included
  - 7 Excluded because of pregnancy
  - 2 Excluded because of death

- **6 months**
  - 257 EuroQol
  - 251 Cost data
  - 84 Withdrawal
    - 102 Complete non-response

- **12 months**
  - 181 EuroQol
  - 171 Cost data
  - 55 Withdrawal
    - 140 Complete non-response

- **18 months**
  - 155 EuroQol
  - 147 Cost data
  - 42 Withdrawal
    - 126 Complete non-response

- **24 months**
  - 199 Weight measurement
  - 43 Weight measurement - previous withdrawal
  - 180 Self reported weight
  - 253 EuroQol
  - 170 Cost data
  - 36 Withdrawal
    - 31 Complete non-response

- **217 Withdrawals**
  - Reasons:
    - 79 Unknown (36%)
    - 17 No personal benefit (8%)
    - 73 No time or lost interest (34%)
    - 18 Discontented (8%)
    - 20 Quit programme (9%)
    - 10 Pregnant (5%)

- **Complete cases**
  - Weight & costs: 134
  - QALYs & costs: 120
  - 1 excluded because of pregnancy

- **Imputed datasets**
  - 448 Included
  - 11 Excluded because of pregnancy
  - 1 Excluded because of death

**Analysis**

- **460 Weight measurement (of which self-reported weight as well)**
  - 409 EuroQol

- **6 months**
  - 261 EuroQol
  - 255 Cost data
  - 84 Withdrawal
    - 99 Complete non-response

- **12 months**
  - 209 EuroQol
  - 195 Cost data
  - 59 Withdrawal
    - 1 Complete non-response

- **18 months**
  - 173 EuroQol
  - 165 Cost data
  - 41 Withdrawal
    - 95 Complete non-response

- **24 months**
  - 214 Weight measurement
  - 30 Weight measurement - previous withdrawal
  - 200 Self reported weight
  - 259 EuroQol
  - 186 Cost data
  - 30 Withdrawal
    - 32 Complete non-response

- **214 Withdrawals**
  - Reasons:
    - 71 Unknown (33%)
    - 72 No personal benefit (34%)
    - 54 No time or lost interest (25%)
    - 5 Discontented (2%)
    - 2 Quit programme (1%)
    - 10 Pregnant (5%)

- **Complete cases**
  - Weight & costs: 147
  - QALYs & costs: 140
  - 1 excluded because of pregnancy

- **Imputed datasets**
  - 453 Included
  - 14 Excluded because of pregnancy

- **450 Included**
- **448 Included**
  - 11 Excluded because of pregnancy
  - 1 Excluded because of death