Stratified cluster randomization of 15 DOH primary care practices

Control arm: 8 practices

- Recruitment of 50 patients per practice
- Baseline measurements
- T=0: Check-up appointment with practice nurse; routine care

Intervention arm: 7 practices

- Training SeMaS and practice visit
- Recruitment of 50 patients per practice
- Baseline measurements
- SeMaS profile and patient feedback
- T=0: Check-up appointment with practice nurse with personalized self management support with possibly
  - Self measurement instructions
  - Referral to self management interventions
  - Individual care plan

T=1 week: Evaluation questionnaire for patient

Measurements T=6 months
Medical record data extraction T=6 months

Measurements T=6 months
Medical record data extraction T=6 months