**Figure 2** Schedule of enrolment, interventions, and assessments

<table>
<thead>
<tr>
<th>TIMEPOINT</th>
<th>STUDY PERIOD</th>
<th>Enrolment</th>
<th>Post-allocation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>- t1</td>
<td>t1</td>
</tr>
<tr>
<td>Baseline</td>
<td></td>
<td>6 months</td>
<td>12 months</td>
</tr>
<tr>
<td>t2</td>
<td></td>
<td>t3</td>
<td></td>
</tr>
</tbody>
</table>

**ENROLMENT:**

- Eligibility screen: X X
- Informed consent: X
- Allocation: X

**INTERVENTIONS:**

- (Usual care, Group-1)
- (Self-management, Group-2)
- (PCTM, Group-3)

**ASSESSMENT:**

- Systolic blood pressure: X X X X
- Diastolic blood pressure: X X X
- BMI: X X X
- HbA1C: X X X
- Blood lipids: X X X
- Medication adherence: X X

Diagram illustrates the schedule with timelines.