Recommendations to optimally manage your diabetes

- Aim to have blood sugar levels **between 4.0 and 7.0 mmol/L** before your meals.

- Measure your blood sugar levels at least on **3 non-consecutive days** in the week.

- The best time to test your blood sugar is before you take your breakfast.

- You are also recommended to test your blood sugar **2 hours after your meals**.
  - readings should be below 8.5 mmol/L if you have type 2 diabetes.

- Aim to take **8,000 steps** every day.

- Take your diabetes medication(s) as recommended each day.

- The Site Study Coordinator will note in the table below when you should take your medication:

<table>
<thead>
<tr>
<th>Name of diabetes medication</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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TRIAD Participant Leaflet_Control group
Fairness Payment

- You will receive a fairness payment of $75 at the end of the study if you fulfill all study requirements, irrespective of following the recommendations.

Additional information

- Your first monitoring assessment period will start the day after your Baseline visit. This monitoring period will be for 84 days.

- Your second monitoring assessment period will start the day after your month 3 visit. This monitoring period will also last 84 days.

- Please bring the 3 study devices (Fitbit, eCAP and glucometer) to your Month 3 and Month 6 assessments.

- You will receive $15 when you join the study, $15 for completing the Month 3 Visit, and $15 for completing the Month 6 Visit.

- Payments will be made in the form of NTUC vouchers.

- You will be required to return the Fitbit and eCAP at the end of the study. Participants who do not have their own glucometer and are given a glucometer at the beginning of the study may keep the glucometer after the study has finished if they wish.