**Appendix Table 1.** Characteristics of Included Studies

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Percent patients with diabetesa** | **Design** | **Mean age in years** | **Sample size** | **Intervention length in months** | **Comparison** | **Setting in addition to home** | **Actual economic outcomes** | **Modeled economic outcomes** |
| **SMBP alone** |
| Reed 2010 A1,2 | 36 | RCT | 62 | 158 | 24 | UC | Primary care | IC, HC | CE |
| Soghikian 19923 | — | RCT | 54 | 215 | 12 | UC | Medical centers | IC, HC, NB | — |
| Verberk 20074 | — | RCT | 55 | 216 | 12 | UC | Primary care | IC, HC, NB | — |
| Boubouchairopoulou 20145 | 0 | RCT | 51 | 116 | 12 | UC | HTN clinic in hospital | IC, HC | — |
| Rogers 20016 | 24 | RCT | 62 | 60 | 2 | UC | Primary care | IC | — |
| Staessen 20047,8 | — | RCT | 54 | 203 | 12 | UC | Primary care | IC, HC | — |
| Arrieta 20149 | — | Model | >19 | 34K | 12 to 120 | UC | Primary care | — | IC, HC, NB |
| Funahashi 200610 | — | Model | >30 | 86M | 12 | UC | Primary care | — | IC, HC, NB |
| Fukunaga 200811 | — | Model | — | 1K | 60 | UC | Primary care | — | IC, HC, NB |
| **SMBP with additional support** |  |
| Friedman 199612 | 18 | RCT | >60 | 133 | 6 | UC | Primary care | IC | — |
| Fishman 2013 A13 | 0 | RCT | 56 | 259 | 12 | UC | Primary care | IC, HC | CE |
| Kaambwa 201414 | — | RCT | 35 to 85 | — | 12 | UC | Primary Care | — | IC, HC, CE |
| Bondmass 200015 | 21 | PP | 55 | 33 | 3 | None | Medical centers | IC | — |
| Stoddart 201316 | 0 | RCT | 61 | 200 | 6 | UC | Primary care | IC, HC, NB | — |
| Trogdon 201217 | — | Program and model | 53 | 422 | 6 | UC | Primary care | IC, HC | CE |
| Madsen 201118 | — | RCT | 56 | 105 | 6 | UC | Primary care | IC, HC, NB | — |
| Parati 200919 | — | RCT | 58 | 216 | 6 | UC | Primary care | HC | — |
| **SMBP within team-based care** |
| Artinian 2001 A20 | — | RCT | 59 | 6 | 3 | UC | Health center | IC | — |
| Reed 2010 C1,2 | 36 | RCT | 62 | 160 | 24 | UC | Primary care | IC, HC | CE |
| Wang 2012 A21-23 | 44 | RCT | 64 | 148 | 18 | UC | Primary care | IC, HC, NB | — |
| Wang 2012 B21-23 | 43 | RCT | 64 | 149 | 18 | UC | Primary care | IC, HC, NB | — |
| Wang 2012 C21-23 | 40 | RCT | 64 | 147 | 18 | UC | Primary care | IC, HC, NB | — |
| Billups 201424 | 48b | RCT | 60 | 175 | 6 | UC | Primary care | IC, HC | CE |
| Fishman 2013 C13 | 0 | RCT | 56 | 261 | 12 | UC | Primary care | IC, HC | CE |
| Margolis 201325 | 19 | RCT | 61 | 228 | 12 | UC | Primary care | IC | — |
| Johannesson 199129 | — | RCT | — | 327 | 24 | UC plusc | Health centers | HC, NB | — |
| Palmas 201026-28 | Excluded study |

aMissing values indicate the percentage of diabetics in study was not provided or an explicit exclusion of diabetics was not stated in the study

bDiabetes or chronic kidney disease

cUsual care plus home blood pressure monitor

SMBP, self-monitored blood pressure; RCT, randomized control trial; UC, usual care; PP, pre to post; HTN, hypertension; BP, blood pressure; SBP, systolic blood pressure; DBP, diastolic blood pressure; IC, intervention cost; HC, healthcare cost; CE, cost-effectiveness; NB, net benefit; K, thousand; M, millions

**Appendix Table 2.** Studies With Focus on Hypertension and Use of Self-Measured Blood Pressure Devices for Treatment or Diagnosis of Hypertension

|  |  |  |  |
| --- | --- | --- | --- |
| **Characteristic** | **SMBP alone****# studies** | **SMBP with additional support****# studies** | **SMBP within team-based care****# studies** |
| All patients have high BP |  |  |  |
| Yes | 61-8 | 812-19 | 71,2,13,20-25,29 |
| No | 29-11 | 0 | 126-28 |
| Screened for eligibility with ambulatory BP monitoring |  |  |  |
| Yes | 0 | 316,18,19 | 0 |
| Studies in which home BP readings were used to treat hypertension |  |  |  |
| Yes | 64-11 | 514-16,18,19 | 513,21-28 |
| No | 0 | 0 | 11,2 |
| BP reports sent to PCP | 13 | 212,13 | 120 |
| Not mentioned | 11,2 | 117 | 129 |
| Studies in which economic outcomes include white-coat hypertension and consequences from diagnostic screening |  |  |  |
| Yes | 54,5,7-11 | 0 | 129 |
| No | 0 | 119 | 320-24 |
| Not mentioned | 31-3,6 | 712-18 | 41,2,13,25-28 |

BP, blood pressure; PCP, primary care physician; SMBP, self-measured blood pressure.

**Appendix Table 3.** Intervention Cost Components and Estimates

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **BPM a** | **Telemetry** | **Patient training** | **BP reports** | **Other** | **Team-based care** | **Intervention cost per personb** |
| **SMBP alone** |  |  |  |  |  |  |  |
| Reed 2010 A1,2 | Y | ND | Y | NR | Software | ND | $99c |
| Soghikian 19923 | Y | ND | Y | Y | Mail | ND | $60c |
| Verberk 20074 | Y | ND | NI | ND | — | ND | $74c |
| Boubouchairopoulou 20145 | Y | NR | NR | NR | — | ND | $39bc |
| Rogers 20016 | Y | Y | NR | Y | — | ND | $69c |
| Staessen 20047,8 | Y | ND | NR | Y | — | ND | $60c |
| Arrieta 20149 | Y | NR | ND | NR | Awareness campaign | ND | $55c |
| **SMBP with additional support** |  |  |
| Friedman 199612 | NR | ND | Y | Y | Computer-linked phone | ND | $59 |
| Fishman 2013 A13 | Y | ND | Y | ND | Web interface with BP management tools | ND | $63c |
| Kaambwa 201414 | Y | Y | Y | ND | Initial consult for self-titration | ND | $362c |
| Bondmass 200015 | Y | Y | Y | Y | Call center and nurse, server, computer | ND | $488c |
| Stoddart 201316 | Y | Y | Y | Y | Cell, server, Web, SIM card | ND | $110c |
| Trogdon 201217 | Y | Y | NR | Y | Self-management kits, interactive voice response system | ND | $261c |
| Madsen 201118 | Y | Y | Y | NR | Cell phone, Server, Interface with physician | ND | $174c |
| **SMBP within team-based care** |  |  |
| Artinian 2001 A20 | Y | NI | Y | NI | Lifestyle/medication counseling | NI | $743 |
| Reed 2010 C1,2 | Y | ND | Y | NR | Computer-assisted phone link | Y | $229c |
| Wang 2012 A21-23 | Y | Y | Y | Y | Telemedicine device, pill container | Y | $720c |
| Wang 2012 B21-23 | Y | Y | Y | Y | Telemedicine device, pill container | Y | $969c |
| Wang 2012 C21-23 | Y | Y | Y | Y | Telemedicine device, pill container | Y | $876c |
| Billups 201424 | Y | Y | Y | Y | Web interface | Y | $204c |
| Fishman 2013 C13 | Y | ND | Y | ND | Web interface with BP management tools | Y | $430c |
| Margolis 201325 | Y | Y | Y | Y | Case management | Y | $1,139c |
| Palmas 201026-28 | Y | Y | Y | NR | Glucometer, computers, telemedicine, case management, diabetes clinic | Y | $8,185c |

aCost driver.

bEstimate of intervention cost is in per person per year for SMBP within team-based care

cReasonably complete estimate.

BP, blood pressure; ND, not delivered; NI, delivered but not included in estimate; NR, delivered but not reported if included in estimate; TBC, team-based care; Y, included in estimate.

**Appendix Table 4.** Change in Healthcare Cost Components and Estimates

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Cause** | **Outpatient a** | **Meds a** | **Labs** | **ECG** | **ER** | **Inpatient** | **Change in healthcare cost per person per year** | **Time horizon (Months)** | **Comparison group** | **Modeled** |
| **SMBP alone** |  |  |  |  |  |  |  |  |  |  |  |
| Reed 2010 A1,2 | All cause | Y | NI | NI | NI | NI | Y | $521 | 24 | UC | No |
| Soghikian 19923 | HTN | Y | NI | Y | Y | NI | NI | –$77 | 12 | UC | No |
| Verberk 20074 | HTN | Y | Y | NI | NI | NI | NI | –$154b | 12 | UC | No |
| Boubouchairopoulou 20145 | HTN | Y | Y | Y | Y | NI | NI | –$194b | 12 | UC c | No |
| Staessen 20047,8 | HTN | Y | Y | NI | NI | NI | NI | –$124b | 12 | UC | No |
| Funahashi 200610 | HTN/CVD | Y | Y | NR | NR | NR | Y | –$141b | 12 | UC | Yes |
| Fukunaga 200811 | HTN | Annual cost to treat HTN | — | — | — | — | — | –$356b | 60 | UC | Yes |
| Arrieta 20149 | HTN/CVD | Modeled HTN diagnosis, treatment, CVD events | — | — | — | — | — | –$499b | 120 | UC | Yes |
| **SMBP with additional support** |  |  |  |  |  |  |  |  |
| Parati 200919 | HTN | Y | Y | Y | NR | NI | NI | –$5b | 6 | UC | No |
| Fishman 2013 A13 | NR | Y | NR | NR | NR | Y | Y | $0 | 12 | UC | No |
| Kaambwa 201414 | HTN/CVD | Y | Y | NR | NR | NR | Y | $25b | 12 | UC | Yes |
| Stoddart 201316 | HTN | Y | Y | NR | NR | Y | Y | $171b | 6 | UC | No |
| Trogdon 201217 | HTN/CVD | Y | Y | NR | NR | NR | Y | –$22b | 120 | UC | Yes |
| Madsen 201118 | HTN | Y | Y | NI | NI | NI | NI | –$164b | 6 | UC | No |
| **SMBP within team-based care** |  |  |  |  |  |  |
| Reed 2010 B1,2 | All cause | Y | NI | NI | NI | NI | Y | $501 | 24 | UC | No |
| Reed 2010 C1,2 | All cause | Y | NI | NI | NI | NI | Y | $345 | 24 | UC | No |
| Wang 2012 A21-23 | HTN Meds | Y | Y | Y | NR | Y | Y | $392b | 18 | UC | No |
| Wang 2012 B21-23 | HTN Meds | Y | Y | Y | NR | Y | Y | $563b | 18 | UC | No |
| Wang 2012 C21-23 | HTN Meds | Y | Y | Y | NR | Y | Y | –$633b | 18 | UC | No |
| Billups 2014a24 | HTN | Y | Y | Y |  | Y | Y | $226b | 18 | UC | No |
| Fishman 2013 C13 | NR | Y | NR | NR | NR | Y | Y | $0 | 12 | UC | No |
| Palmas 201026-28 | All cause | Y | NI | NR | NR | NR | Y | $736 | 60 | UC | No |

aCost driver.

bReasonably complete estimate.

cUsual care with clinic and ambulatory BP.

CVD, cardiovascular disease; ER, emergency room; HTN, hypertension; NI, not included in estimate; NR, not reported; SMBP, self-measured blood pressure; UC, usual care; Y, included in estimate

**Appendix Table 5.** Intervention and Healthcare Cost

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Intervention cost per person** | **Change in healthcare cost per person per year** | **Total cost per person** | **Time horizon (Months)** | **Comparison group** | **Modeled** |
| **SMBP Alone** |  |  |  |  |  |  |
| Reed 2010 A1,2 | $99a | $521 | $620 | 24 | UC | No |
| Soghikian 19923 | $60a | –$77 | –$17 | 12 | UC | No |
| Verberk 20074 | $74a | –$154a | –$80a | 12 | UC | No |
| Boubouchairopoulou 20145 | $39a | –$233a | –$194a | 12 | UC b | No |
| Staessen 20047,8 | $60a | –$124a | –$64a | 12 | UC | No |
| Arrieta 20149 | $55a | –$499a | –$444a | 120 | UC | Yes |
| **SMBP with additional support** |  |  |  |  |  |
| Parati 200919 | Not reported separately |  | –$5a | 6 | UC | No |
| Fishman 2013 A13 | $63a | $0 | $63 | 12 | UC | No |
| Kaambwa 2014aa14 | $362a | $25a | $25a | 12 | UC | Yes |
| Stoddart 201316 | $110a | $171a | $281a | 6 | UC | No |
| Trogdon 201217 | $261a | –$22a | $239a | 120 | UC | Yes |
| Madsen 201118 | $174a | –$164a | $10a | 6 | UC | No |
| **SMBP within team-based care** |  |  |  |  |
| Billups 201424 | $204a | $226a | $430a | 18 | UC | No |
| Fishman 2013 C13 | $430a | $0 | $430 | 12 | UC | No |
| Reed 2010 C1,2 | $229a | $345 | $574 | 24 | UC | No |
| Wang 2012 A21-23 | $720a | $392a | $1,112a | 18 | UC | No |
| Wang 2012 B21-23 | $969a | $563a | $1,532a | 18 | UC | No |
| Wang 2012 C21-23 | $876a | –$633a | $243a | 18 | UC | No |
| Johannesson 199129 | Not reported separately | — | $244a | 24 | UC c | No |
| Palmas 201026-28 | $8,185a | $736 | Exclude | 60 | UC | No |

aReasonably complete estimate.

bUsual care with clinic and ambulatory BP.

cUsual care with home blood pressure device.

SMBP, self-measured blood pressure

**Appendix Table 6.** Cost per QALY Saved

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Study** | **Intervention cost per person** | **Change in healthcare cost per person per year** | **Change in total cost per person per year** | **Change in SBP (mmHg)** | **20-year cost per QALY savedb****Translation (1)****[Translation (2)]** |
| **SMBP Alone** |  |  |  |  |  |
| Soghikian 19923 | $60a | –$77 | –$65 | –3.2 | Cost-saving |
| Boubouchairopoulou 20145 | $39a | –$233a | –$225a | –2.1 | Cost-savinga |
| Reed 2010 A1,2 | $99a | $521 | $541 | –0.6 | $100K[$144K] |
| Staessen 20047,8 | $60a | –$124a | –$112a | +5.3 | Ineffective but cost-savinga |
| Verberk 20074 | $74a | –$154a | –$139a | +2.1 | Ineffective but cost-savinga |
| **SMBP with additional support** |  |  |  |  |
| Fishman 2013 A13 | $63a | $0 | $13 | –2.6 | $556[$800] |
| Kaambwa 201414 | $362a | $25a | $25a | –5.4 | $514a[$741]a |
| Stoddart 201316 | $110a | $171a | $193a | –4.3 | $5Ka[$7.2K]a |
| Madsen 201118 | $174a | –$164a | $129a | –2.8 | $5.1Ka[$7.4K]a |
| **SMBP within team-based care** |  |  |  |  |
| Reed 2010 C1,2 | $229a | $345 | $574 | –3.9 | $16.4K[$23.6K] |
| Billups 201424 | $204a | $226a | $430a | –12.5 | $3.8Ka[$5.5K]a |
| Fishman 2013 C13 | $430a | $0 | $430 | –8.9 | $5.4K[$7.7K] |
| Wang 2012 C21-23 | $876a | –$633a | $243a | –3.6 | $7.5Ka[$10.8K]a |
| Wang 2012 A21-23 | $720a | $392a | $1,112a | +2.2 | Ineffectivea |
| Wang 2012 B21-23 | $969a | $563a | $1,532a | –1.2 | $141.8Ka[$204.3K]a |
| Palmas 201026-28 | $8,185a | $736 | Outlier | –4.32 | Outlier |

aReasonably complete estimate.

bTranslation (1)30: –­1 mmHg of SBP=0.009 QALY saved; Translation (2)31: –1 mmHg of SBP=0.0046 QALY saved.

SBP, systolic blood pressure

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