

Table S1 Characteristics of included studies

Num_ID	ID	Publication year	Duration	Intervention/control, n	Female%	Mean age (SD), years	Intervention type	Disease mentioned	Study design	Outcome	Methodological quality (Jadad scale)
1	Maddison <i>et al.</i>	2015	24 weeks	85/86	19	60.2 (9.2)	Text messaging	Angina, myocardial infarction, revascularization	RCT	EQ-5D: me1=0.06, sd1=0.1, me2=0.03, sd2=0.1	4
2	Zheng <i>et al.</i>	2019	6 months	411/411	14.1	56 (9)	Text messaging	Coronary heart disease	RCT	SBP diff within gr 6mo: me1=-3.2 (14.3), me2=-2.0 (15.0). BMI diff within gr 6mo: me1=-0.1, sd1=2.6, me2=-0.09, sd2=1.68; d=0.03. SAQ: me1=1.7, sd1=10.6, me2=0.6, sd2=10.1; d=0.11. EQ-5D: me1=0.01, sd1=0.1, me2=0, sd2=0.13; d=0.09	4
3	Frederix <i>et al.</i>	2016	24 weeks	69/70	18	61 (8)	Comprehensive cardiac telerehabilitation	Chronic heart failure	RCT	Control: Cost (€) =2,720.21; Effect (QALYS)=0.36. Intervention: Cost=2,155.81; Effect (QALYS)=0.39; ICER=-21,707	3
4	Bobrow <i>et al.</i>	2016	12 months	458/457	28	54 (11)	Interactive SMS texting	Hypertension	RCT	SBP diff within gr 0: me1=135.1 (16.9), me2=135.4 (17.6); 6mo: me1=130.1 (16.6), me2=128.9 (17.1); N1=245, N2= 213; diff1=-5 (16.75), diff2=-6.5 (17.35)	5
5	Henderson <i>et al.</i>	2013	12 months	534/431	39.79	70.045 (11.14)	Telehealth equipment and monitoring services	Heart failure,	RCT	Control: Cost (£)=5,555 (4,748 to 6,362) (95% CI); Effect (QALYS)=0.549 (0.52 to 0.577). Intervention: Cost=6,193 (5,491 to 6,895); Effect (QALYS)=0.564 (0.535 to 0.585); ICER=79,000	2
6	Cartwright <i>et al.</i>	2013	12 months	431/328	40.9	70.24 (11.61)	Telecare & telehealth	Heart failure	RCT	EQ-5D (95CI; sd) 0: me1=me2=0.576 (0.547 to 0.609; 0.33, 0.29); 4mo: me1=0.676 (0.552 to 0.62; 0.36), me2=0.565 (0.529 to 0.604; 0.35); 12mo: me1=0.576 (0.547 to 0.609), me2=0.552 (0.524 to 0.594). brief-STAI 0: me1=9.565 (9.039 to 10.149), me2=9.916 (9.215 to 10.558); 4mo: me1=10.968 (10.384 to 11.728), me2=11.495 (10.792 to 12.254); 12mo: me1=10.734 (10.149 to 11.377), me2=11.552 (10.851 to 12.312). CESD-10 0: me1=9.091 (8.572 to 9.676; 4.13), me2=8.961 (8.313 to 9.610; 4.24); 4mo: me1=9.545 (8.896 to 10.195), me2=10.325 (9.742 to 11.170); 12mo: me1=9.545 (8.896 to 10.195; 4.86); me2=10.390 (9.675 to 11.039; 4.46); 12mo diff1=0.454 (4.5), diff2=1.429 (4.35)	4
7	Piette <i>et al.</i>	2012	6 weeks	89/92	67.4	57.6 (0.8)	Automated telephone monitoring and behavior-change calls plus home BP monitoring	Hypertension	RCT	SBP (mm Hg) mean (SE) 0: me1=153.2 (2.1), me2=150.0 (2.1); 6w: me1=142.5 (2.3), me2=143.6 (2.4); diff1=-10.7 (2.2), diff2=-6.4 (2.26). CESD-10 mean (SE) 0: me1=11.1 (0.7), me2=10.7 (0.7); 6w: me1=8.3 (0.65), me2=10.6 (0.62); diff1=-2.8 (0.68), diff2=-0.1 (0.66)	5
8	Migneault <i>et al.</i>	2012	1 year	169/168	70.34	56.55 (11)	A novel automated telephone counseling system	Hypertension	RCT	SBP (mmHg) within group diff (SD) 8mo: me1=-2.06 (19.8), me2=0.25 (18.6)	3
9	Gellis <i>et al.</i>	2012	12 months	57/58	65.68	79.19 (7.38)	A multidimensional telehealth treatment model	Heart failure	RCT	CES-D 0: me1=19.9 (5.1), me2=20.5 (8.8); 12mo: me1=10.4 (5.8); me2=18.7 (9.4); diff1=-9.5 (5.46), diff2=-1.8 (9.1)	5
10	Neuman <i>et al.</i>	2011	3 months	28/29	52.63	56.05 (16.39)	Telemetric BP monitoring	Arterial hypertension	RCT	SBP (mmHg) within group diff (P) 3mo: me1=-17.055 (19.8), me2=-9.863 (19.8)	2
11	Green <i>et al.</i>	2008	12 months	258/259	52.2	59.1 (8.5)	Home blood pressure monitoring and web communication	Hypertension	RCT	SBP (mmHg) within group diff (95%CI) 12mo: me1=-5.3 (-7.1 to -3.5), me2=-8.2 (-10.0 to -6.4); diff1=-5.3 (10.43), diff2=-8.2 (10.45)	5
12	Zha <i>et al.</i>	2020	6 months	12/13	88	none	Wrist-cuff BP monitor with an ihealth myvitals mobile app	Hypertension	RCT	SBP (mmHg) (SD) 0: me1=145.77 (5.10), me2=145.67 (3.68); 3mo: me1=140.55 (5.46), me2=142.62 (5.69); 6mo: me1=137.38 (4.86), me2=140.88 (5.01); 6mo diff1=-8.39 (4.98), diff2=-4.79 (4.4)	1
13	Jahan <i>et al.</i>	2020	5 months	209/211	85.95	47.1 (8.47)	SMS text messaging and health education	Hypertension	RCT	SBP (mmHg) 0: me1=136.9 (19.2), me2=136.9 (19.3); 3mo: me1=127.9 (17.5), me2=132.1 (17.2); diff1=-9 (18.37), diff2=-4.8 (18.28). EQ-5D 0: me1=0.70 (0.10), me2=0.71 (0.10); 2mo: me1=0.76 (0.11), me2=0.76 (0.11); 5mo: me1=0.75 (0.09), me2=0.75 (0.09)	3
14	Pan <i>et al.</i>	2018	3 months	52/55	53.27	57.55 (10.66)	A connected automated sphygmomanometer	Hypertension	RCT	SBP (mmHg) diff within group 6mo: me1=-16.4 (12.3-18.3; 7.8), me2=-9.8 (6.2-13.5; 9.77)	4
15	Hoffmann-Peterson <i>et al.</i>	2017	3 months	175/181	45.5	60.45 (2.75)	Telemedical home blood pressure measurements	Hypertension	RCT	SBP (mmHg) diff within group 3mo: me1=-8 (12), me2=-8 (13)	3
16	Kim <i>et al.</i>	2016	6 months	52/43	68	57.6 (8.6)	Wireless bp self-monitoring program	Hypertension	RCT	SBP (mmHg) 0: me1=136.1 (15.2), me2=145.9 (19.5); 6mo: me1=133.4 (12.9), me2=140.2 (18.4); diff1=-2.7 (14.1), diff2=-5.7 (18.96)	3
17	Pfaeffli Dale <i>et al.</i>	2015	6 months	61/62	18.7	59.45 (11.14)	Text messaging and internet support	Coronary heart disease	RCT	SBP (mmHg) 0: me1=131 (17), me2=129 (26); 6mo: me1=136 (20), me2=135 (16), diff1=5 (18.56), diff2=6 (13.6). BMI 0: me1=31.0 (6.4), me2=28 (4.2); 6mo: me1=30.3 (5.4), me2=28.1 (4.4)	5
18	Frederix, Dominique <i>et al.</i>	2015	24 weeks	69/70	17.99	61 (8.48)	Internet-based and patient-specific telerehabilitation program with text messaging support	Cardiac patients	RCT	SBP (mmHg) 0: me1=126 (21), me2=129 (25); 24w: me1=150 (140), me2=129 (21); diff1=24 (100.1), diff2=0 (23.09). BMI 0: me1=28 (5), me2=28 (4); 6mo: me1=28 (5), me2=27 (5); diff1=0 (5), diff2=-1 (4.53)	5
19	Kihahra <i>et al.</i>	2014	6 months	30/27	64.91	64.41 (7.12)	Home blood pressure (HBP) monitoring	Hypertension	RCT	SBP (mmHg) within group diff (SD) 6mo: me1=-5.5 (0.9), me2=0.7 (0.7)	3
20	Bove <i>et al.</i>	2013	6 months	120/121	65.15	59.59 (13.59)	Self-monitoring of BP and an Internet- and telephone-based communication system	Hyperlipidemia	RCT	SBP (mmHg) within group diff (SD) 6mo: me1=-18.2 (20.3), me2=-13.9 (18.2). BMI (kg/m ²) 6mo: me1=-0.2 (2.8), me2=0.5 (4.5)	3
21	Blasco <i>et al.</i>	2012	12 months	102/101	19.7	60.8 (11.77)	An automatic sphygmomanometer, a glucose and lipid meter with a cellular phone and a web app	Coronary heart disease	RCT	SBP (mmHg) within group diff (95CI) 12mo: me1=-5.1 (-12.09 to -0.10; 21.84), me2=-0.81 (-6.5 to 4.9; 20.67). BMI (kg/m ²) 12mo: me1=-0.37 (-0.8 to 0.04; 1.53), me2=0.38 (-0.11 to 0.85; 1.74)	4
22	Bove, Santamore <i>et al.</i>	2011	12 months	193/195	45.88	61.35 (10.06)	Disease-management interactive health surveillance system composed of a secure internet server and a database	Hyperlipidemia, hypertension	RCT	SBP (mmHg) 0: me1=146.4 (18.0), me2=145.6 (18.7); 12mo: me1=134.3 (17.9), me2=136.5 ± 18.6; diff1=-12.1 (17.95), diff2=-9.1 (18.65). BMI 0: me1= 31.8 (6.5), me2=31.9 (6.3); 12mo: me1=31.6 (6.9), me2=31.7 (6.5); diff1=-0.2 (6.7), diff2=-0.2 (6.4)	2
23	MacManus <i>et al.</i>	2010	12 months	234/236	54.26	66.6 (8.8)	Self-monitoring of blood pressure and self-titration of antihypertensive drugs, combined with telemonitoring of home blood pressure measurements	Coronary heart disease	RCT	SBP (mmHg) 0: me1=151.9 (150.8 to 153.1; 8.93), me2=152.0 (150.9 to 153.2; 8.97); 6mo: me1=138.8 (136.6 to 141.0; 17.08), me2= 142.6 (140.5 to 144.8; 16.77); 12mo: me1=134.7 (132.3 to 137.0), me2=140.3 (138.0 to 142.6); 6mo diff1=-13.1 (13.63), diff2=-9.4 (13.45). EQ-5D diff 6mo: me1=0.011 (-0.013 to 0.034), me2=0.000 (-0.023 to 0.023); 12mo: me1=0.024 (-0.001 to 0.049), me2=-0.003 (-0.027 to 0.021)	3