

Characteristics		Δ BMI ^{a,b} kg/m ²		Δ Waist ^b cm	
		B (95% CI)	P-value ^c	B (95% CI)	P-value ^c
Sex					
	Women Men	Reference -0.29 (-1.43 to 0.85)	.61	Reference -0.44 (-5.09 to 4.22)	.85
Age (years)		-0.03 (-0.08 to 0.02)	.27	-0.12 (-0.35 to 0.10)	.30
Educational level					
	Low or medium High	Reference 0.28 (-0.74 to 1.31)	.58	Reference 3.00 (-1.00 to 7.00)	.14
BMI (kg/m ²)		0.12 (0.04 to 0.20)	.01	0.42 (0.07 to 0.76)	.02
Waist circumference (cm)		0.04 (0.00 to 0.07)	.03	0.22 (0.09 to 0.36)	.01
Work (hrs / week)		0.008 (-0.06 to 0.08)	.82	0.18 (-0.08 to 0.45)	.17
Shift work	Yes No	Reference 0.14 (-0.95 to 1.25)	.80	Reference -3.44 (-8.11 to 1.23)	.15
Characteristics of program-usage					
eHealth-team					
	1	-0.29 (-2.30 to 1.73)	.78	0.16 (-0.74 to 7.38)	.97
	2	1.23 (-0.95 to 3.42)	.26	4.16 (-3.61 to 11.93)	.29
	3	1.39 (-0.12 to 2.90)	.08	7.16 (-0.06 to 14.38)	.05
	4	-0.31 (-1.47 to 2.93)	.70	-0.09 (-7.86 to 7.68)	.98
	5	0.62 (-0.82 to 1.29)	.40	-1.90 (-7.37 to 3.60)	.49
	6	-0.51 (-2.01 to 1.00)	.50	-2.49 (-9.02 to 4.05)	.45
	7	1.24 (-0.26 to 2.74)	.10	1.80 (-4.74 to 8.34)	.58
	8	Reference		Reference	
Compliance	Accelerometer- wear ^d	0.02 (-0.00 to 0.04)	.07	0.04 (-0.04 to 0.132)	.32
Engagement ^e	≤3 times 4 or 5 times	Reference 1.05 (0.17;1.93)	.02	Reference 4.80 (1.27;8.33)	.009
MVPA ^{f,g}		0.10 (-0.30;0.51)	.61	1.33 (-0.40;3.01)	.129

Number of logins		0.02 (0.01;0.02)	<0.001	0.03 (0.00;0.06)	.045
Number of messages		0.02 (0.00;0.03)	.01	0.09 (0.01;0.18)	.026

^a BMI: body mass index.

^bΔ of outcome = reduction in outcome calculated by measurement at baseline minus measurement at follow-up.

^cStatistical significance was defined as $P < .05$.

^dCompliance is expressed as the total number of days with > 10 hours of PA registration, with a maximum of 140 days.

^eEngagement is expressed as the number of times at least 100% of the target was reached (1-5).

^fMVPA: moderate to vigorous physical activity.

^gMVPA is expressed in the average moderate-to-vigorous physical activity in MET-hours per day.