

eTable 1. Ex Post Minimum Detectable Effects (MDE)^a

Outcome	Mean	Stdev	MDE
Health beliefs			
Height, cm	170.94	10.24	1.01
Weight, kg	84.06	21.73	2.77
Chance of BMI > 30, %	46.80	39.46	5.23
Chance of high cholesterol, %	40.15	27.73	3.85
Chance of high blood pressure, %	31.63	27.11	3.64
Chance of impaired glucose, %	30.99	24.00	3.32
Self-reported health behaviors, %			
Has primary physician	85.88	34.85	4.43
No tobacco use	94.40	23.02	3.16
Exercise 1+ times/week	93.38	24.89	3.45
Exercise 3+ times/week	53.14	49.94	6.72
Exercise for 20 minutes	94.17	23.45	3.30
Exercise for 40 minutes	50.09	50.04	6.86
Never anxious/depressed	31.58	46.52	6.38
Never or sometimes anxious/depressed	87.10	33.55	4.56
Biometric outcomes			
Continuous measures			
Height, cm	170.28	9.40	0.93
Weight, kg	84.30	21.99	2.80
Waist, cm	95.64	17.07	2.18
BMI	29.03	7.08	0.92
Blood pressure, mm Hg			
Systolic	124.87	14.94	1.86
Diastolic	75.77	8.89	1.16
Lipid panel			
Total cholesterol, mg/dL	185.91	38.75	5.32
HDL cholesterol, mg/dL	54.84	17.93	2.21
Total cholesterol / HDL cholesterol	3.64	1.14	0.15
LDL cholesterol, mg/dL	106.57	33.07	4.68
Triglycerides, mg/dL	124.53	61.30	8.78
Glucose, mg/dL	93.41	20.97	2.83
Binary measures, %			
Obesity (BMI ≥30)	33.95	47.39	6.35
Hypertension (systolic ≥130 or diastolic ≥80)	50.42	50.04	6.58
High LDL cholesterol (≥100 mg/dL)	57.71	49.44	6.85
High glucose (≥100 mg/dL)	22.47	41.77	5.68
Medical diagnoses, %			
Diabetes	6.60	24.83	1.23
Hypertension	17.36	37.90	3.04
Hyperlipidemia	18.62	38.95	3.61
Medical utilization			
Office/outpatient (# days with at least 1 claim)	3.17	3.41	0.29
Inpatient (# days with at least 1 claim)	0.08	0.62	0.07
ER (# days with at least 1 claim)	0.14	0.52	0.05

^a MDE calculated assuming 80% power, i.e., a probability of 0.8 that effect will be statistically significant at the 95% level.