**Supplementary Material 3. Change in Home SBP, DBP, PR**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Age <65 |  | Age 65-74 | Age ≥75 | ANOVA |  |
|  |  | n | Mean | SD | P | \* | n | Mean | SD | p | \* | n | Mean | SD | p | \* | p  |  |
| Morning home SBP (mmHg) | 0M | 28 | 128.71  | 12.45  |  |  | 20 | 124.08  | 8.66  |  |  | 32 | 130.21  | 9.09  |  |  | 0.113 |  |
| 3M | 28 | 129.93  | 10.95  |  |  | 23 | 126.46  | 10.84  |  |  | 35 | 129.89  | 8.45  |  |  | 0.37 |  |
| 6M | 26 | 126.19  | 9.77  |  |  | 21 | 124.14  | 11.16  |  |  | 31 | 128.57  | 8.09  |  |  | 0.258 |  |
| 9M | 26 | 125.19  | 7.95  |  |  | 22 | 126.23  | 8.43  |  |  | 34 | 130.03  | 10.95  |  |  | 0.118 |  |
| 12M | 30 | 128.53  | 11.73  |  |  | 22 | 126.20  | 10.32  |  |  | 37 | 129.84  | 11.34  |  |  | 0.489 |  |
| Δ3M | 26 | 0.62  | 7.14  | 0.664  |  | 20 | 1.30  | 10.00  | 0.568  |  | 32 | 0.38  | 8.95  | 0.810  |  | 0.932 |  |
| Δ6M | 25 | -3.16  | 7.37  | 0.043  | \* | 20 | -0.88  | 7.36  | 0.601  |  | 30 | -1.00  | 7.77  | 0.487  |  | 0.491 |  |
| Δ9M | 26 | -3.81  | 9.94  | 0.062  |  | 18 | 0.39  | 10.02  | 0.871  |  | 30 | -0.79  | 9.23  | 0.643  |  | 0.319 |  |
| Δ12M | 27 | -2.15  | 10.43  | 0.294  |  | 20 | 1.10  | 12.13  | 0.690  |  | 29 | -0.58  | 12.11  | 0.800  |  | 0.635 |  |
| Morning home DBP (mmHg) | 0M | 27 | 77.70  | 8.58  |  |  | 20 | 69.70  | 8.60  |  |  | 32 | 71.10  | 8.48  |  |  | 0.002 | \*\* |
| 3M | 28 | 78.04  | 9.32  |  |  | 23 | 68.96  | 8.30  |  |  | 35 | 71.52  | 7.55  |  |  | <0.001 | \*\* |
| 6M | 26 | 76.46  | 8.64  |  |  | 21 | 68.36  | 6.84  |  |  | 31 | 71.10  | 7.72  |  |  | 0.002 | \*\* |
| 9M | 26 | 75.96  | 8.61  |  |  | 22 | 69.50  | 7.39  |  |  | 34 | 71.53  | 6.54  |  |  | 0.01 | \*\* |
| 12M | 30 | 76.80  | 10.25  |  |  | 22 | 69.05  | 9.17  |  |  | 37 | 72.28  | 6.81  |  |  | 0.006 | \*\* |
| Δ3M | 26 | -0.12  | 5.14  | 0.910  |  | 20 | -1.50  | 5.50  | 0.238  |  | 32 | -0.19  | 3.87  | 0.786  |  | 0.554 |  |
| Δ6M | 25 | -1.52  | 4.73  | 0.121  |  | 20 | -1.53  | 5.24  | 0.209  |  | 30 | -0.41  | 6.47  | 0.731  |  | 0.704 |  |
| Δ9M | 25 | -0.96  | 6.58  | 0.473  |  | 18 | -0.78  | 9.28  | 0.726  |  | 30 | -0.41  | 6.34  | 0.726  |  | 0.96 |  |
| Δ12M | 26 | -1.35  | 7.93  | 0.395  |  | 20 | -1.00  | 9.20  | 0.632  |  | 29 | 0.21  | 7.36  | 0.881  |  | 0.758 |  |
| Morning home PR (bpm) | 0M | 22 | 68.09  | 11.93  |  |  | 15 | 65.33  | 8.35  |  |  | 29 | 67.09  | 7.77  |  |  | 0.686 |  |
| 3M | 23 | 69.04  | 8.95  |  |  | 17 | 63.00  | 6.07  |  |  | 30 | 68.79  | 10.66  |  |  | 0.077 |  |
| 6M | 23 | 66.43  | 8.70  |  |  | 15 | 66.00  | 9.71  |  |  | 28 | 67.92  | 8.13  |  |  | 0.74 |  |
| 9M | 22 | 67.05  | 8.71  |  |  | 16 | 66.00  | 9.31  |  |  | 31 | 68.54  | 9.69  |  |  | 0.654 |  |
| 12M | 24 | 67.67  | 8.98  |  |  | 16 | 64.81  | 8.94  |  |  | 32 | 68.10  | 9.58  |  |  | 0.492 |  |
| Δ3M | 22 | 0.23  | 7.39  | 0.887  |  | 15 | -2.60  | 6.75  | 0.158  |  | 29 | 0.31  | 7.03  | 0.814  |  | 0.391 |  |
| Δ6M | 22 | -2.27  | 11.81  | 0.377  |  | 15 | 0.67  | 6.08  | 0.677  |  | 27 | 1.04  | 6.55  | 0.418  |  | 0.38 |  |
| Δ9M | 21 | -1.29  | 12.26  | 0.636  |  | 15 | 0.33  | 6.85  | 0.853  |  | 27 | 1.52  | 8.55  | 0.365  |  | 0.609 |  |
| Δ12M | 22 | -0.55  | 8.16  | 0.757  |  | 15 | -1.07  | 7.14  | 0.572  |  | 26 | -0.25  | 6.36  | 0.845  |  | 0.94 |  |
| Evening home SBP (mmHg) | 0M | 23 | 126.74  | 9.71  |  |  | 12 | 126.58  | 9.25  |  |  | 23 | 129.16  | 8.46  |  |  | 0.603 |  |
| 3M | 22 | 126.23  | 11.36  |  |  | 14 | 133.43  | 17.99  |  |  | 23 | 127.04  | 15.45  |  |  | 0.325 |  |
| 6M | 21 | 124.00  | 8.78  |  |  | 13 | 126.92  | 14.53  |  |  | 22 | 125.79  | 12.69  |  |  | 0.768 |  |
| 9M | 21 | 120.43  | 10.45  |  |  | 14 | 122.93  | 10.64  |  |  | 25 | 128.48  | 11.65  |  |  | 0.048 | \*\* |
| 12M | 21 | 124.33  | 11.56  |  |  | 13 | 122.38  | 11.54  |  |  | 25 | 126.64  | 8.65  |  |  | 0.472 |  |
| Δ3M | 22 | 0.09  | 5.43  | 0.938  |  | 12 | 6.17  | 20.36  | 0.316  |  | 23 | -2.12  | 14.38  | 0.487  |  | 0.229 |  |
| Δ6M | 21 | -2.52  | 6.97  | 0.113  |  | 12 | -3.00  | 8.87  | 0.266  |  | 22 | -4.02  | 11.61  | 0.119  |  | 0.871 |  |
| Δ9M | 21 | -5.62  | 6.93  | 0.001  | \* | 12 | -2.50  | 11.50  | 0.467  |  | 22 | -2.40  | 12.12  | 0.365  |  | 0.54 |  |
| Δ12M | 21 | -2.19  | 6.89  | 0.161  |  | 12 | -3.00  | 8.05  | 0.223  |  | 21 | -2.08  | 8.28  | 0.263  |  | 0.942 |  |
| Evening home DBP (mmHg) | 0M | 23 | 77.09  | 9.31  |  |  | 12 | 69.33  | 8.25  |  |  | 23 | 67.50  | 7.33  |  |  | <0.001 | \*\* |
| 3M | 22 | 73.86  | 10.03  |  |  | 14 | 69.93  | 8.13  |  |  | 23 | 68.20  | 8.98  |  |  | 0.121 |  |
| 6M | 21 | 74.14  | 9.30  |  |  | 13 | 66.77  | 7.08  |  |  | 22 | 67.23  | 8.83  |  |  | 0.016 | \*\* |
| 9M | 21 | 72.71  | 10.10  |  |  | 14 | 67.79  | 8.94  |  |  | 25 | 69.64  | 6.78  |  |  | 0.229 |  |
| 12M | 21 | 74.19  | 8.61  |  |  | 13 | 66.31  | 6.69  |  |  | 25 | 68.64  | 5.96  |  |  | 0.005 | \*\* |
| Δ3M | 22 | -2.86  | 6.49  | 0.051  |  | 12 | 0.00  | 5.77  | 1.000  |  | 23 | 0.70  | 5.68  | 0.561  |  | 0.131 |  |
| Δ6M | 21 | -2.71  | 5.33  | 0.030  | \* | 12 | -3.67  | 4.96  | 0.026  | \* | 22 | -0.71  | 7.05  | 0.642  |  | 0.339 |  |
| Δ9M | 21 | -3.81  | 7.12  | 0.024  | \* | 12 | -1.00  | 6.13  | 0.584  |  | 22 | 0.29  | 6.14  | 0.826  |  | 0.124 |  |
| Δ12M | 21 | -2.67  | 6.33  | 0.068  |  | 12 | -2.17  | 4.28  | 0.107  |  | 21 | 0.21  | 6.28  | 0.880  |  | 0.268 |  |
| Evening home PR (bpm) | 0M | 20 | 70.50  | 12.80  |  |  | 11 | 68.45  | 8.29  |  |  | 23 | 70.39  | 11.34  |  |  | 0.875 |  |
| 3M | 21 | 70.67  | 12.49  |  |  | 13 | 65.85  | 8.41  |  |  | 23 | 69.13  | 9.70  |  |  | 0.437 |  |
| 6M | 21 | 70.38  | 12.72  |  |  | 11 | 66.64  | 10.09  |  |  | 22 | 69.41  | 11.15  |  |  | 0.685 |  |
| 9M | 19 | 69.95  | 12.37  |  |  | 12 | 66.92  | 9.12  |  |  | 25 | 69.89  | 10.28  |  |  | 0.698 |  |
| 12M | 21 | 69.05  | 11.04  |  |  | 12 | 70.75  | 10.68  |  |  | 25 | 71.11  | 10.80  |  |  | 0.804 |  |
| Δ3M | 20 | -0.65  | 6.56  | 0.663  |  | 11 | -2.91  | 8.15  | 0.264  |  | 23 | -1.26  | 7.66  | 0.438  |  | 0.715 |  |
| Δ6M | 20 | -0.40  | 9.08  | 0.846  |  | 11 | -1.82  | 8.28  | 0.483  |  | 22 | -0.95  | 6.45  | 0.495  |  | 0.892 |  |
| Δ9M | 19 | -1.05  | 5.81  | 0.440  |  | 11 | -2.18  | 8.49  | 0.414  |  | 22 | -1.49  | 6.09  | 0.265  |  | 0.902 |  |
| Δ12M | 20 | -1.85  | 5.78  | 0.168  |  | 11 | 1.45  | 8.49  | 0.582  |  | 21 | 0.08  | 8.90  | 0.967  |  | 0.499 |  |

\*p<0.05 vs. Month 0 paired *t*-test, \*\*p<0.05 ANOVA

M: month; SBP: systolic blood pressure; DBP: diastolic blood pressure; PR: pulse rate.