**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.