

Supplementary Material Table S1: Demographic characteristics and health information of the participants

Variable		RCT intervention group participants (N = 170)	Interview participants (N = 14)
Age (years), range (average)		24 – 43 (32)	27 – 36 (32)
Ethnicity, n (%)			
	Chinese	75 (44)	8 (57)
	Non-Chinese	95 (56)	6 (43)
Gestation at diagnosis of GDM, weeks (SD)		25.5 (3.2)	24.9 (4.1)
Gestation at delivery, weeks ^a (SD)		38.5 (1.9)	39.03 (1.1)
Family history of diabetes, n (%)		69 (42)	1 (7)
Insulin to manage GDM ^b , n (%)		17 (10)	2 (14)

^aValue for Gestation at delivery was calculated for 168 individuals since data was not available for two participants who delivered outside Singapore.

^bGDM: gestational diabetes mellitus.

Supplementary Material Table S2: Educational lessons usage (N=84)

Lesson	Participants who accessed any lesson at least once, n (%)	Times each lesson was accessed, n (%)
Total	84 (100)	787 (100)
Glucose monitoring	56 (67)	127 (16)
Healthy eating	56 (67)	78 (10)
Introduction to Habits GDM ^a	49 (58)	72 (9)
Carbohydrates	48 (57)	67 (9)
Weight gain	47 (56)	65 (8)
Why treat	47 (56)	61 (8)
Eating smart	42 (50)	61 (8)
Understanding GDM ^a	44 (52)	56 (7)
Managing stress	43 (51)	55 (7)
Eating out	42 (50)	52 (7)
Looking ahead	35 (42)	47 (6)
Why exercise	38 (45)	46 (6)

^aGDM, gestational diabetes mellitus.