Additional File 5 A sample of the intervention characteristics (identified in 10 reviews by a check mark if they were present)

Author	Self-monitoring functionalities	Use of prompts/cues (reminders and alerts)	Educational information	Communication with others	Feedback	Stress management	Self-management (physical activity, diet, medication adherence, smoking)	Exercise training	Psycho-social support	Patient assessment	Others
Alessa et al., 2018	1	1	1	1	1	1	1				
Arambepola et al., 2016	1	1	1		1		1				
Arnhold et al., 2014	1	1	1	1	1		1				
Banbury et al., 2018			1	1				1	1		
Bardus et al., 2015	1	1	1	1	1		1				
Bassi et al., 2014	1		1		1						
Beatty et al.	1	1	1				1	1	1	1	
Beishuizen et al., 2016	1	1	1	1	1		1	1			Care management mobile coach support
Bellei et al., 2018	1	1	1	1	1	1	1				
Bennett et al., 2014	1		1	1	1	1	1	1	1		