

Recruitment

Allocated to intervention

Received intervention

70,000 adults

Respondents to screening survey

Exclude ineligible respondents (screening survey, telephone; see Table 2)

Eligible + verbal consent

Exclude those without written consent.*

Randomization by statistician

HealthWatch E-couch Board E-couch + Board

Participant informed of condition

Baseline measurement

HealthWatch E-couch Board E-couch + Board

Intervention

Post intervention Survey

Follow up 6 months

Follow up 12 months

*(Participant/staff not informed of condition)