

**Table S1. Regression results**

<b>Attribute</b>	<b>Levels</b>	<b>Hierarchical Bayes coefficient estimate (95% Confidence Interval)</b>
Number of sessions	1 session	0.54 (0.37 to 0.71)
	2 sessions	0.03 (-0.09 to 0.14)
	3 sessions	-0.57 (-0.74 to -0.4)
Travel time	15 minutes	0.65 (0.48 to 0.81)
	25 minutes	0.05 (-0.11 to 0.21)
	30 minutes	-0.49 (-0.64 to -0.34)
	45 minutes	-0.21 (-0.38 to -0.04)
Travel cost	None	0.01 (-0.11 to 0.14)
	S\$2	0.06 (-0.06 to 0.18)
	S\$5	-0.07 (-0.17 to 0.04)
Incentive type	Cash payment	0.91 (0.75 to 1.07)
	Supermarket voucher	0.66 (0.53 to 0.81)
	Credit into your Medisave account	-0.32 (-0.48 to -0.16)
	Sporting goods voucher	-1.25 (-1.46 to -1.06)
Enrollment fee	None	0.39 (0.25 to 0.53)
	S\$20	-0.23 (-0.35 to -0.1)
	S\$50	-0.16 (-0.29 to -0.03)
Incentive payment	(Linear)	6.14 (5.41 to 6.95)
Not joining	(Linear)	2.24 (1.68 to 2.81)