

Time line	Intervention group	Control group
Randomisation		
	(A) (B)	(A)
Baseline (T 0)	(C) (D) (E)	(C) (D) (E)
Intervention		
<i>First consultation</i>	(F) (G) (H)	(F) (I)
<i>Second consultation</i>	(J)	
<i>Telephone call</i>	(K)	
	(L)	(L)
12 weeks (T1)	(D) (M)	(D) (M)
52 weeks (T2)	(D)	(D)

(A)	Training (2 hours) of nurses in Dutch national guideline for cardiovascular risk management (CVRM) and in identification of patients for a risk assessment
(B)	Training (2 days) of nurses in risk communication, use of risk communication tool, handing over a decision aid and the use of adapted Motivational Interviewing
(C)	Recruitment of patients by GP or practice nurse
(D)	Completion of questionnaire by patient (At T0: will be handed over to patient by recruitment. At T1 and T2: will be sent to home address of patient)
(E)	Completion of informed consent form by patient (will be handed over to patient by recruitment)
(F)	Completion of cardiovascular risk profile of patient by nurse in first consultation
(G)	Nurse will explain cardiovascular risk to patient
(H)	Nurse will hand over decision aid and will invite patient for second consultation
(I)	Nurse will apply usual care
(J)	In a second consultation (approx. 2 weeks after first consultation) the nurse will discuss the risk and possible options for risk reduction with the patient by means of adapted motivational interviewing
(K)	Nurse will discuss in telephone call (approx. 2 weeks after second consultation) the possible options for risk reduction by means of adapted motivational interviewing
(L)	After the consultations, the nurses will complete the recording form about the consultations (for process evaluation) and about the patient's risk profile and will send it to researchers
(M)	Step counter: counts the total number of steps per day, during 3 days (will be sent to home address of patient)