

Appendix 1. The detailed contents of the American Association of Diabetes Educators 7 Self-Care Behaviors (AADE7) education and the telehealthcare service.

AADE7 Educations	Content of Educations	Telehealthcare Service
Being Active	Habit of exercising	Monitor daily glucose and daily excise records Encourage to do sufficient exercise
	Type of exercise	
	Frequency of exercising	
	Reason of not exercising	
Healthy Eating	Evaluations of CDEs ^a	Monitor daily glucose and daily food intake records Provide adequate dietary knowledge and adjustment support
	Intake of fiber	
	Intake of fat and cholesterol	
	Intake of high oil	
	Intake of sodium and dessert	
Taking Medication	Evaluations of CDEs ^a	Monitor daily glucose and daily insulin injection records Enhance the skill of insulin injection and medication obedience Provide humanity support
	Cooperation and obedience of medication order	
	Knowledge of insulin injection	
Healthy Coping	Evaluations of CDEs ^a	Support in coping with Hypoglycemia and Hyperglycemia
	Reasons of pressure	
	Ways to relieve pressure	
Problem Solving	Ways to treat Hypoglycemia	Support in coping with Hypoglycemia and Hyperglycemia
	Frequency of Hypoglycemia	
	Frequency of Hyperglycemia	
	Ways to treat Hyperglycemia	
Reducing Risks	Evaluations of CDEs ^a	Daily status monitoring Support in foot care Suggestion to quit smoking
	Habits of Smoking	
	Foot care	
	Complication evaluation	
	Knowledge of SMBG ^b	
Monitoring	Method of performing SMBG ^b	Enhance the skill of SMBG ^b Remind of performing SMBG ^b Monitor daily glucose
	Frequency of SMBG ^b	
	Recording of SMBG ^b	
	Reason of not performing SMBG ^b	
	Evaluations of CDEs ^a	

^aCDE: Certified diabetes educator

^bSMBG: Self monitoring of blood glucose