

Table S1 Interactions on primary outcome at 12 months

Covariate	REACH-HF vs usual care: mean difference (95% CI)*†	Global p value
Location		
(reference: Cornwall)		
Gwent	-0.1 (-14.1 to 13.9)	
Birmingham	-9.8 (-23.5 to 3.8)	0.468
York	-1.3 (-14.6 to 12.0)	
NT-pro-BNP levels		
(reference: low [≤ 2000 pg/ml])		
High (>2000 pg/ml)	8.4 (-3.8 to 20.5)	0.175
Caregiver present (reference: no)		
Yes	-2.7 (-12.9 to 7.5)	0.599
Time since diagnosis of HF (years)		
(reference: <1)		
1-2	7.1 (-7.2 to 21.4)	0.089
>2	-7.4 (-18.4 to 3.5)	

CI = confidence interval; HF = heart failure; NT-pro-BNP = N terminal proB type natriuretic peptide; REACH-HF = Rehabilitation EnAblement in CHronic Heart Failure.

*All analyses adjust for baseline values, site, NT-pro-BNP (≤ 2000 or >2000 pg/ml), past myocardial infarction, and diagnosis of atrial fibrillation or atrial flutter.

†All analyses are intention to treat.

Table S2. REACH-HF intervention contacts and costs (n=94)

Contacts/item	Contacts (n)	Duration (mins)	
		Contact	Non-contact (planning)
Contacts			
Face-to-face contacts	3.96 (1.2) [2, 7]	69.15 (28.4) [8, 170]	35.96 (34.1) [5, 200]
Telephone contacts	2.51 (2.37) [0, 9]	18.89 (9.06) [2, 50]	13.68 (12.8) [0, 100]
Total contacts	6.52 (2.63) [3, 13]		
Total time			
Face-to-face contacts		271.45 (93.6)	
Telephone contacts		47.41 (49.6)	
Total planning and non-contact time			
Face-to-face		141.91 (89.9)	
Telephone		34.35 (42.2)	
Overall total time input (excluding travel time, as allowance already in unit cost estimate)		495.13 (180) [175, 1190]	
Costs (£/\$)			
Cost per hour* (33)		44.00/61.97	
Estimated total delivery cost (HF facilitator)*		362.93/509.90 (131.96/185.86)	
Other resource use and costs†			
Consumables (1 REACH-HF Manual)		25.00/35.21	
DVDs (2 at £7.50/\$10.56 each)		15.00/21.13	
Distribution of HF facilitator		15.47/21.79	

training costs, per participant†

Estimated total delivery cost for	418.39/589.28
REACH-HF Manual‡	(207.14/291.75 to 733.28/1,032.79)

CI = confidence interval; HF = heart failure; REACH-HF = Rehabilitation EnAblement in CHronic Heart Failure; SD = standard deviation.

*Staff unit costs: grade equivalent to 'community nurse', based on United Kingdom's Agenda for Change band 6, estimated cost per hour (33), includes salary, salary on-costs, overheads (management costs and non-staff costs (including travel and transport)) and capital overheads and excludes costs for qualifications.

†Other cost components: training cost per REACH-HF facilitator specific to delivery of the REACH-HF intervention are estimated at £1547 (see web appendix for further detail), these costs are distributed across the first 100 participants and patients receiving the intervention at £15.47 per participant.

‡When simulating uncertainty in the major cost component of time input for HF facilitator (mean time 495.13 (SD 180) mins) and holding other costs constant (£58.97 per patient) over 1000 simulations provides an estimated overall cost per patient or participant of £438.57 (median £413.57, 95% CI £207.14 to £733.28).

Figure S1 Components of the Rehabilitation EnAblement in CHronic Heart Failure (REACH-HF) intervention.

