

Supplements

Supplementary Table 1. Changes in glycaemic control, quality of life and disease burden among persons with type 1 DM who continued FSL-FGM for at least two years and persons who had stopped FSL-FGM before the two-year follow-up period was completed

	Baseline (A)		One year (B)		Two years (C)		C vs. A		C vs. B		Overall difference between groups	
	Continued FSL-FGM	Stopped FSL-FGM	Continued FSL-FGM	Stopped FSL-FGM	Continued FSL-FGM	Stopped FSL-FGM	Continued FSL-FGM	Stopped FSL-FGM	Continued FSL-FGM	Stopped FSL-FGM		
Glycemia												
HbA1c	62.5 (60.8, 64.2)	58.9 (55.7, 62.2)	58.5 (57.0, 60.1)	56.0 (53.1, 59.0)	58.7 (56.8, 60.6)	57.3 (53.6, 60.9)	-3.8 (-6.9, -0.7)	-1.7 (-7.6, 4.2)	0.1 (-2.8, 3.0)	1.2 (-4.5, 6.9)	1.4 (-2.7, 5.5)	
N	213	58	156	43	214	58						
Hypoglycemic events	66.1 (56.0, 76.3)	73.0 (53.6, 92.4)	60.5 (49.0, 72.0)	85.5 (63.0, 108.0)	52.7 (43.3, 62.2)	52.4 (33.8, 71.1)	-13.4 (-30.3, 3.5)	-20.6 (-53.4, 12.2)	-7.8 (-25.9, 10.4)	-33.1 (-68.7, 2.6)	0.3 (-20.6, 21.2)	
N	208	57	202	53	190	49						
Quality of life												
EQ-5D-3L VAS	72.7 (70.3, 75.1)	70.4 (65.8, 75.0)	73.6 (70.7, 76.6)	70.8 (65.2, 76.5)	75.6 (72.4, 78.8)	72.0 (65.9, 78.2)	2.9 (-2.0, 7.7)	1.6 (-7.7, 11.0)	2.0 (-3.3, 7.3)	1.2 (-9.0, 11.4)	3.6 (-3.3, 10.5)	
N	214	58	214	58	211	56						
EQ-5D Dutch tariff	0.85 (0.83, 0.88)	0.84 (0.80, 0.89)	0.88 (0.86, 0.90)	0.86 (0.81, 0.90)	0.88 (0.86, 0.91)	0.83 (0.79, 0.88)	0.03 (-0.01, 0.07)	-0.01 (-0.1, 0.1)	0.0 (-0.04, 0.04)	-0.02 (-0.1, 0.1)	0.05 (0.0, 0.1)	
N	214	58	214	58	211	56						
SF-12 ^{v2} PCS	37.8 (37.0, 38.6)	39.8 (38.2, 41.3)	48.0 (47.0, 49.0)	48.3 (46.3, 50.3)	47.7 (46.7, 48.8)	47.1 (45.0, 49.1)	9.9 (8.3, 11.5)	7.3 (4.2, 10.4)	-0.3 (-2.1, 1.6)	-1.2 (-4.7, 2.3)	0.69 (-1.6, 3.0)	
N	214	58	214	58	214	58						
SF-12 ^{v2} MCS	50.2 (48.8, 51.6)	45.7 (43.0, 48.3)	51.4 (50.2, 52.5)	47.9 (45.6, 50.1)	50.2 (49.0, 51.4)	44.4 (42.0, 46.7)	0.0 (-2.2, 2.3)	-1.3 (-5.6, 3.1)	-1.1 (-3.2, 0.9)	-3.5 (-7.5, 0.5)	5.8 (3.2, 8.5)	
N	214	58	209	55	209	55						
Disease burden												
Hospital admissions	0.1 (0.1, 0.2)	0.1 (-0.1, 0.2)	0.1 (-0.001, 0.1)	0.03 (-0.08, 0.2)	2.5 (-1.8, 6.7)	0.2 (-8.0, 8.3)	2.4 (-2.8, 7.6)	0.1 (-9.9, 10.1)	2.4 (-2.8, 7.6)	0.1 (-9.8, 10.1)	2.3 (-6.9, 11.5)	
N	214	58	214	58	213	58						
Lost working days	4.5 (1.2, 7.9)	5.9 (-0.6, 12.4)	1.6 (-1.6, 4.7)	11.3 (5.2, 17.4)	4.1 (-0.9, 9.2)	11.2 (1.5, 20.9)	-0.4 (-7.8, 7.0)	5.2 (-9.0, 19.5)	2.5 (-4.7, 9.8)	-0.1 (-14.1, 13.8)	-7.1 (-18.0, 3.9)	
N	214	58	214	58	211	58						

Data are presented as mean (difference) with 95% confidence interval. HbA1c concentrations are presented in mmol/mol. Abbreviations: EQ-5D-3L, 3-level version of EuroQol 5D; EQ-VAS, EQ-visual analogue scale; MCS, Mental Component Score; PCS, Physical Component Score; SF-12^{v2}, 12-Item Short Form Health Survey^{v2}.

Supplementary Table 2. Changes in glycemic control, quality of life and disease burden among persons with type 2 DM who continued FSL-FGM for at least two years and persons who had stopped FSL-FGM before the two-year follow-up period was completed

	Baseline (A)		One year (B)		Two years (C)		C vs. A		C vs. B		Overall difference between groups
	Continued FSL-FGM	Stopped FSL-FGM	Continued FSL-FGM	Stopped FSL-FGM	Continued FSL-FGM	Stopped FSL-FGM	Continued FSL-FGM	Stopped FSL-FGM	Continued FSL-FGM	Stopped FSL-FGM	
Glycemia											
HbA1c	65.2 (59.7, 70.6)	62.5 (54.8, 70.1)	59.4 (53.7, 65.1)	62.7 (54.1, 71.3)	62.6 (56.8, 68.5)	52.9 (44.7, 61.1)	-2.5 (-12.1, 7.1)	-9.6 (-23.2, 4.0)	3.3 (-6.6, 13.1)	-9.8 (-24.2, 4.6)	9.7 (-0.3, 19.8)
N	30	15	23	10	30	15					
Hypoglycemic events	27.5 (15.3, 39.6)	36.3 (15.7, 57.0)	37.2 (26.2, 48.3)	22.1 (3.0, 41.2)	45.6 (18.9, 72.4)	40.1 (-7.2, 87.4)	18.1 (-17.8, 54.0)	3.8 (-59.3, 66.9)	8.4 (-27.0, 43.9)	18.0 (-44.5, 80.5)	5.5 (-48.8, 59.9)
N	26	9	27	9	25	8					
Quality of life											
EQ-5D-3L VAS	67.4 (59.8, 75.0)	64.4 (53.6, 75.1)	72.3 (64.1, 80.5)	61.1 (49.5, 72.3)	66.5 (58.9, 75.2)	72.2 (59.9, 84.5)	-0.9 (-14.8, 13.1)	7.8 (-11.9, 27.5)	-5.7 (-20.2, 8.7)	11.1 (-9.4, 31.5)	-5.7 (-20.7, 9.4)
N	30	15	30	15	30	15					
EQ-5D Dutch tariff	0.79 (-0.72, 0.86)	0.77 (0.67, 0.87)	0.78 (0.68, 0.87)	0.72 (0.59, 0.85)	0.77 (0.69, 0.89)	0.69 (0.54, 0.83)	-0.01 (-0.2, 0.1)	-0.08 (-0.3, 0.1)	0.01 (-0.2, 0.2)	-0.03 (-0.3, 0.2)	0.1 (-0.07, 0.27)
N	30	15	30	15	30	15					
SF-12 ^{v2} PCS	36.0 (34.0, 38.0)	35.7 (32.8, 38.5)	42.1 (38.8, 45.5)	41.1 (36.4, 45.8)	43.5 (39.2, 47.8)	41.2 (38.2, 44.3)	5.2 (0.8, 9.7)	7.9 (1.6, 14.1)	-0.9 (-6.4, 4.6)	2.5 (-5.3, 10.2)	-2.3 (-7.5, 3.0)
N	30	15	30	15	30	15					
SF-12 ^{v2} MCS	47.9 (44.1, 51.5)	51.2 (46.0, 56.)	49.4 (46.3, 52.5)	48.1 (43.7, 52.5)	48.8 (45.1, 52.5)	46.8 (41.6, 52.0)	0.9 (-5.4, 7.3)	-4.4 (-13.4, 4.5)	-0.5 (-6.4, 5.3)	-1.3 (-9.6, 7.0)	2.0 (-4.4, 8.4)
N	30	15	30	15	30	15					
Disease burden											
Hospital admissions	0.1 (-0.02, 0.3)	0.0 (-0.2, 0.2)	0.3 (-0.03, 0.7)	0.0 (-0.5, 0.5)	0.2 (-1.3, 1.7)	2.5 (0.4, 4.6)	0.07 (-1.8, 1.9)	2.5 (-0.1, 5.2)	-0.1 (-2.0, 1.8)	2.5 (-0.1, 5.2)	-2.3 (-4.9, 0.3)
N	30	15	30	15	30	15					
Lost working days	9.4 (-1.8, 20.6)	4.1 (-11.8, 19.9)	1.4 (-0.8, 3.6)	0.3 (-2.8, 3.3)	0.0 (-0.5, 0.5)	0.7 (-0.1, 1.4)	-9.4 (-23.3, 4.4)	-3.4 (-23.0, 16.2)	-1.4 (-4.1, 1.3)	0.4 (-3.5, 4.3)	0.7 (-0.3, 1.6)
N	30	15	30	15	30	15					

Data are presented as mean (difference) with 95% confidence interval. HbA1c concentrations are presented in mmol/mol. Abbreviations: EQ-5D-3L, 3-level version of EuroQol 5D; EQ-VAS, EQ-visual analogue scale; MCS, Mental Component Score; PCS, Physical Component Score; SF-12^{v2}, 12-Item Short Form Health Survey^{v2}.

Supplementary Table 3. EQ-5D-3L scores among persons who continued FSL-FGM for at least two years or had stopped before the two-year follow-up period was completed

	Baseline			Two years		
	All (n=342)	Continued FSL-FGM (n=260)	Stopped FSL-FGM (n=82)	All (n=331)	Continued FSL-FGM (n=253)	Stopped FSL-FGM (n=78)
Mobility						
No problems in walking about, n (%)	277 (81.0)	210 (80.8)	67 (81.7)	262 (79.2)	201 (79.4)	61 (78.2)
Some problems in walking about, n (%)	64 (18.7)	49 (18.8)	15 (18.3)	66 (19.9)	49 (19.4)	17 (21.8)
Confined to bed, n (%)	1 (0.3)	1 (0.4)	0 (0.0)	3 (0.9)	3 (1.2)	0 (0.0)
Self-care						
No problems with self-care, n (%)	328 (95.9)	249 (95.8)	79 (96.3)	320 (96.7)	246 (97.2)	74 (94.9)
Some problems with washing or dressing, n (%)	12 (3.5)	9 (3.5)	3 (3.7)	8 (2.4)	5 (2.0)	3 (3.8)
Unable to wash or dress myself, n (%)	2 (0.6)	2 (0.8)	0 (0.0)	3 (0.9)	2 (0.8)	1 (1.3)
Usual activities						
No problems with performing usual activities, n (%)	225 (65.8)	175 (67.3)	50 (61.0)	234 (70.7)	180 (71.5)	54 (69.2)
Some problems with performing usual activities, n (%)	115 (33.6)	84 (32.3)	31 (37.8)	95 (28.7)	72 (28.7)	23 (29.5)
Unable to perform usual activities, n (%)	2 (0.6)	1 (0.4)	1 (1.2)	2 (0.6)	1 (0.4)	1 (1.3)
Pain / discomfort						
No pain or discomfort, n (%)	206 (60.2)	159 (61.2)	47 (57.3)	202 (61.0)	161 (63.6)	41 (52.6)
Moderate pain or discomfort, n (%)	127 (37.1)	94 (36.2)	33 (40.2)	118 (35.6)	85 (33.6)	33 (42.3)
Extreme pain or discomfort, n (%)	9 (2.6)	7 (2.7)	2 (2.4)	11 (3.3)	7 (2.8)	4 (5.1)
Anxiety / depression						
Not anxious or depressed, n (%)	252 (73.7)	196 (75.4)	56 (68.3)	254 (76.7)	208 (82.2)	46 (59.0)
Moderately anxious or depressed, n (%)	86 (25.1)	61 (23.5)	25 (30.5)	75 (22.7)	44 (17.4)	31 (39.7)*
Extremely anxious or depressed, n (%)	4 (1.2)	3 (1.2)	1 (1.2)	2 (0.6)	1 (0.4)	1 (1.3)

Data are presented as number (%). Abbreviations: IQR, Interquartile Range. Significant outcome presented in bold. * $p < 0.001$ as compared to persons who continued FSL-FGM.

Supplementary Table 4. Changes in the percentage of persons who reported hypoglycemic events, hospital admissions and lost working days among persons who continued FSL-FGM for at least two years and persons who had stopped FSL-FGM before the two-year follow-up period was completed

	Baseline		One year		Two years	
	Continued FSL-FGM (n=260)	Stopped FSL-FGM (n=82)	Continued FSL-FGM (n=260)	Stopped FSL-FGM (n=82)	Continued FSL-FGM (n=260)	Stopped FSL-FGM (n=82)
Glycemia						
Presence of any hypoglycemic event past 6 months, yes, n (%)	250 (96.2)	75 (91.5)	242 (93.1)	69 (84.1)*	230 (88.5)	65 (79.3)*
Disease burden						
Hospital admission past 12 months, yes, n (%)	21 (8.1)	6 (7.3)	11 (4.2)	2 (2.4)	14 (5.4)	10 (12.2)*
Work absenteeism past 6 months, yes, n (%)	39 (15.0)	16 (19.5)	11 (4.2)	8 (9.8)	13 (5.0)	12 (14.6)**

Data are presented as number (%). Significant outcomes presented in bold. * $p < 0.05$ as compared to persons who continued FSL-FGM. ** $p < 0.001$ as compared to persons who continued FSL-FGM.

Supplementary Table 5. Selected results of Diabetes Vereniging Nederland patient-reported outcome measures (DVN-PROM) questionnaire comparing persons who continued FSL-FGM and persons who had stopped FSL-FGM before the two-year follow-up period was completed

	Continued FSL-FGM (n=254)	Stopped FSL-FGM (n=79)
Hypoglycemic episodes are less severe, n (%)	208 (81.9)	9 (11.4)*
Better understanding of glucose fluctuations, n (%)	240 (94.5)	6 (7.6)*
Feeling more secure since using FSL-FGM (or stopping, respectively), n (%)	196 (77.2)	7 (8.9)*
Performing more frequent adjustments of insulin doses, n (%)	208 (81.9)	24 (30.4)*
Always measuring glucose before participating in traffic as a driver, n (%)	166 (65.4)	31 (39.2)*
Sporting and exercising more frequently, n (%)	109 (42.9)	3 (3.8)*
House mates and family members are less worried about their glucose regulation, n (%)	165 (65.0)	7 (9.0)*

Data are presented as number (%). * $p < 0.0001$ as compared to persons who continued FSL-FGM.

Supplementary Table 6. Changes in scores on the SF-12 subscales among persons who continued FSL-FGM for at least two years and persons who had stopped FSL-FGM before the two-year follow-up period was completed

	Baseline (A)		One year (B)		Two years (C)		C vs. A		C vs. B		Overall difference between groups
	Continued FSL-FGM	Stopped FSL-FGM	Continued FSL-FGM	Stopped FSL-FGM	Continued FSL-FGM	Stopped FSL-FGM	Continued FSL-FGM	Stopped FSL-FGM	Continued FSL-FGM	Stopped FSL-FGM	
Physical functioning	80.2 (77.0, 83.4)	84.2 (78.5, 89.9)	82.8 (79.6, 86.0)	83.5 (77.8, 89.3)	82.9 (79.8, 86.0)	82.3 (76.7, 87.9)	2.7 (-2.8, 8.1)	-1.9 (-11.7, 7.9)	0.1 (-5.3, 5.5)	-1.3 (-11.0, 8.5)	0.6 (-5.8, 7.0)
N	254	79	254	79	254	79					
Role physical	62.7 (60.0, 65.4)	59.8 (54.9, 64.7)	71.3 (68.5, 74.1)	62.0 (57.1, 67.0)	68.2 (65.4, 71.1)	59.5 (54.4, 64.6)	5.5 (0.7, 10.3)	-0.3 (-9.0, 8.3)	-3.1 (-8.0, 1.8)	-2.5 (-11.2, 6.2)	8.7 (2.9, 14.6)
N	254	79	254	79	254	79					
Role emotional	75.0 (72.2, 77.8)	69.0 (64.0, 74.0)	80.3 (77.7, 83.0)	67.4 (62.6, 72.2)	77.7 (75.0, 80.4)	66.5 (61.6, 71.3)	2.7 (-2.0, 7.5)	-2.5 (-11.1, 6.0)	-2.6 (-7.2, 2.0)	-0.9 (-9.3, 7.4)	11.3 (5.7, 16.8)
N	254	79	254	79	254	79					
Mental health	69.1 (66.9, 71.3)	67.9 (64.0, 71.8)	75.8 (73.8, 77.8)	73.4 (69.8, 77.0)	74.7 (72.7, 76.7)	67.4 (63.7, 71.1)	5.6 (2.0, 9.3)	-0.5 (-7.0, 6.1)	-1.1 (-4.6, 2.3)	-6.0 (-12.3, 0.2)	7.3 (3.1, 11.5)
N	254	79	254	79	254	79					
Bodily pain	83.3 (80.5, 86.0)	83.2 (78.3, 88.2)	14.2 (11.4, 16.9)	17.4 (12.5, 22.4)	85.7 (83.1, 88.3)	81.0 (76.4, 85.7)	2.5 (-2.2, 7.1)	-2.2 (-10.5, 6.1)	71.6 (66.9, 76.2)	63.6 (55.3, 71.9)	4.7 (-0.6, 10.0)
N	254	79	254	79	254	79					
General health	47.1 (44.9, 49.4)	48.1 (44.1, 52.1)	52.1 (49.8, 54.3)	50.3 (46.3, 54.3)	51.0 (48.6, 53.4)	49.1 (44.8, 53.3)	3.8 (-0.1, 7.8)	0.9 (-6.1, 8.0)	-1.1 (-5.0, 2.9)	-1.3 (-8.4, 5.8)	1.9 (-2.9, 6.8)
N	254	79	254	79	254	79					
Vitality	59.2 (56.5, 61.8)	58.5 (53.7, 63.3)	64.6 (61.9, 67.2)	63.6 (58.9, 68.3)	63.4 (60.7, 66.1)	57.3 (52.5, 62.1)	4.2 (-0.4, 8.8)	-1.3 (-9.5, 7.0)	-1.2 (-5.7, 3.4)	-6.3 (-14.5, 1.9)	6.1 (0.6, 11.6)
N	254	79	254	79	254	79					
Social functioning	72.3 (69.3, 75.4)	69.3 (63.9, 74.7)	82.1 (79.3, 84.9)	75.9 (70.9, 81.0)	79.1 (76.1, 82.1)	68.7 (63.3, 74.1)	6.8 (1.6, 12.0)	-0.6 (-10.0, 8.7)	-3.0 (-8.0, 2.1)	-7.3 (-16.3, 1.8)	10.5 (4.3, 16.7)
N	254	79	254	79	254	79					

Data are presented as mean (difference) with 95% confidence interval. SF-12^{v2}, 12-Item Short Form Health Survey^{v2}.