Invited (n = 7,582)

* No response (n = 3263)
* Declined to participate (n = 2787)
* Other (n = 327)

Assessed for eligibility (n = 1,205)

Excluded (n = 564)

* Not meeting inclusion criteria (n = 449)
  + QRISK2<20% (n=187)
  + No modifiable risks (n=158)
  + No internet or email (n=60)
* Declined to participate (n = 14)
* Other (n = 101)

Randomised (n = 641)

Allocation

**Offered intervention (n = 325)**

Received intervention (n = 325):

* In full: 103 (32%)
* In part: 194 (60%)
* Little or none: 26 (8%)
* Missing data: 2 (<1%)

**Offered usual care (n = 316)**

Received usual care (n = 316)

Primary outcome measure (based on clinical assessment): **301 (93%)**

Completed questionnaire: 308 (95%)

Not followed up: 24 (7%)

* Withdrawn from study (n =14)
* Did not attend assessment (n = 10)

6-Month Follow-up

Primary outcome measure (based on clinical assessment): **296 (94%)**

Completed questionnaire: 304 (96%)

Not followed up: 20 (6%)

* Withdrawn from study (n = 6)
* Did not attend assessment (n = 13)
* Deceased (n = 1)

12-Month Follow-up

Primary outcome measure (based on clinical assessment): **295 (91%)**

Completed questionnaire: 300 (92%)

Not followed up: 30 (9%)

* Withdrawn from study (n =23)
* Did not attend assessment (n = 7)

Primary outcome measure (based on clinical assessment): **291 (92%)**

Completed questionnaire: 300 (95%)

Not followed up: 25 (8%)

* Withdrawn from study (n = 11)
* Did not attend assessment (n = 13)
* Deceased (n = 1)