

Supplementary Table 4. Participants' explanations of the reason for an increase in HbA1c level >2.0%

Patient no.	2020		2019		HbA1c change, %	History
	Month	HbA1c, %	Month	HbA1c, %		
S0202	May	12.1	May	8.6	3.5	Increased fruit intake (watermelon, Korean melon); quit swimming
S0061	May	9.7	July	6.6	3.1	Increased rice cake intake between meals
S0227	June	11.1	May	8.3	2.8	Irregular diet
S0063	May	7.9	May	5.3	2.6	Out-of-control eating; decreased exercise because of leg pain
S0184	May	10.3	May	7.9	2.4	Increased snack intake
S0189	May	9.3	June	7.0	2.3	Stopped regular exercise
S0008	May	11.3	April	9.2	2.1	Increased intake of soy milk and ramen; increased frequency of eating out; skipped insulin injection intermittently
S0140	May	7.8	May	5.8	2.0	Decreased physical activity

HbA1c, glycated hemoglobin.