

**Multimedia Appendix 2.** R-AMSTAR assessment of methodological rigor for each SR and MA.

Author (year)	Type of Synthesis	"A priori" design	Duplicated study selection and data extraction	Search comprehensiveness	Inclusion of grey literature	Included and excluded studies provided	Characteristics of the included studies	Quality assessment of the primary studies	Scientific quality of included studies used appropriately in formulating conclusions	Appropriateness of methods used to combine studies' findings	Publication bias	Conflict of interest
<b>Heart Failure</b>												
		<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>Q5</b>	<b>Q6</b>	<b>Q7</b>	<b>Q8</b>	<b>Q9</b>	<b>Q10</b>	<b>Q11</b>
Chaudhry 2007 [26]	SR	ab	No	abcd	b	ac	abc	ab	a	N/A	N/A	a
Clark 2007 [27]	MA	ab	abc	abcd	abd	ac	abc	ab	No	bcd	a	a
Clarke 2011 [28]	MA	ab	bc	abcd	No	No	No	No	No	bc	a	a
Dang 2009 [29]	SR	abc	No	abcd	b	abcd	abc	No	No	N/A	N/A	ab
Giamouzis 2012 [30]	SR	ab	No	abc	b	ac	abc	No	No	N/A	N/A	ab
Inglis 2010 [31]	MA	abc	abc	abcd	abc	abcd	abc	abcd	ab	bc	ab	a
Louis 2003 [32]	SR	abc	No	abcde	No	a	abc	No	No	N/A	N/A	No
Maric 2009 [33]	SR	ab	No	bcd	b	ac	abc	No	No	N/A	N/A	ab
Polisena 2010 [34]	MA	abc	abc	abc	bd	ac	abc	abcd	b	bcd	No	ac
Seto 2008 [35]	SR	abc	b	abc	b	a	abc	No	No	N/A	N/A	No
<b>Hypertension</b>												
		<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>Q5</b>	<b>Q6</b>	<b>Q7</b>	<b>Q8</b>	<b>Q9</b>	<b>Q10</b>	<b>Q11</b>
AbuDagga 2010 [36]	SR	abc	a	abcd	b	a	abc	No	No	N/A	N/A	ab
Jaana 2007 [37]	SR	ab	No	abcd	b	abcd	abc	No	No	N/A	N/A	ab
Omboni 2011 [38]	MA	abc	abc	abcd	b	ac	ac	No	No	bcd	ab	a
Verberk 2011 [39]	MA	abc	No	acd	b	a	abc	No	No	bcd	ab	b
<b>Respiratory Conditions</b>												
		<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>Q5</b>	<b>Q6</b>	<b>Q7</b>	<b>Q8</b>	<b>Q9</b>	<b>Q10</b>	<b>Q11</b>
Bolton 2011 [40]	SR	abc	abc	abde	bd	ac	abc	acd	ab	N/A	N/A	ab
Cox 2012 [41]	SR	ab	abc	abcde	No	ac	abc	ab	No	N/A	N/A	a
Franek 2012 [42]	SR	abc	No	abcd	b	abcd	abc	abcd	ab	N/A	N/A	ab
Jaana 2009 [43]	SR	abc	No	abcd	b	a	abc	No	No	N/A	N/A	ab
<b>Diabetes</b>												
		<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>Q5</b>	<b>Q6</b>	<b>Q7</b>	<b>Q8</b>	<b>Q9</b>	<b>Q10</b>	<b>Q11</b>
Farmer 2005 [44]	MA	abc	ab	abcd	bd	ac	abc	ab	ab	bc	No	a
Jaana 2007 [45]	SR	abc	No	acd	b	a	abc	No	No	N/A	N/A	No
MAS 2009 [46]	MA	abc	No	abcd	b	abcd	abc	abcd	ab	bcd	No	ab
Montori 2004 [47]	MA	abc	abc	ab	No	a	abc	No	No	bcd	No	ab
<b>SRs covering all the above chronic diseases</b>												
		<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>Q5</b>	<b>Q6</b>	<b>Q7</b>	<b>Q8</b>	<b>Q9</b>	<b>Q10</b>	<b>Q11</b>
Paré 2010 [48]	SR	abc	abc	abc	b	abcd	No	No	No	N/A	N/A	ab
Paré 2007 [49]	SR	ab	No	abcd	b	No	No	No	No	N/A	N/A	No

SR: Systematic review; MA: Meta-analysis; N/A: non-applicable