

Supplementary Table 1 – ICD-10 codes matched to Fortin et al. 2017 list of chronic medical conditions

S/N	Conditions	S/N	ICD-10 Codes
1	Hyperlipidaemia	1	E78.5 (Hyperlipidaemia, unspecified)
2	Hypertension (high blood pressure)	2	I10 (Essential (primary) hypertension)
3	Diabetes	3	E10.9 (Type 1 diabetes mellitus without complication)
		4	E11.9 (Type 2 diabetes mellitus without complication)
		5	E14.2 (Diabetes mellitus with incipient diabetic nephropathy)
		6	E14.3 (Diabetes mellitus with retinopathy)
		7	E14.31 (Unspecified diabetes mellitus with background retinopathy)
		8	E14.64 (Unspecified diabetes mellitus with hypoglycaemia)
		9	E14.73 (Unspecified diabetes mellitus with foot ulcer due to multiple causes)
4	Arthritis &/or rheumatoid arthritis	10	M06.99 (Rheumatoid arthritis, unspecified, site unspecified)
		11	M15.9 (Osteoarthritis (OA) - Generalised)
		12	M19.99 (Arthritis, unspecified, site unspecified)
5	Obesity	13	E66.9 (Obesity, unspecified)
6	Cardiovascular disease (angina, MI, AF, poor circulation of lower limbs)	14	I25.9 (Chronic ischaemic heart disease, unspecified)
		15	I48 (Atrial fibrillation and flutter)
		16	I70.20 (Atherosclerosis of arteries of extremities, unspecified)
		17	I73.9 (Peripheral vascular disease, unspecified)
7	Asthma, COPD, or chronic bronchitis	18	J44.9 (Chronic Obstructive Pulmonary Disease, Unspecified)
		19	J45.9 (Asthma, unspecified)
8	Chronic hepatitis	20	K76.9 (Liver disease, unspecified)
		21	Z22.51 (Carrier of viral hepatitis B)
9	Stomach problem (reflux, heartburn, or gastric ulcer)	22	K21.9 (Gastro-oesophageal reflux disease without oesophagitis)
		23	K27.9 (Peptic ulcer, unspecified as acute or chronic, without haemorrhage or perforation)
10	Thyroid disorder	24	E03.9 (Hypothyroidism, unspecified)
		25	E05.9 (Thyrotoxicosis, unspecified)
11	Stroke and TIA	26	G45.9 (Transient cerebral ischaemic attack, unspecified)
		27	I64 (Stroke, not specified as haemorrhage or infarction)
12	Heart failure (including valve problems or replacement)	28	I50.0 (Congestive heart failure)
		29	I51.9 (Heart disease, unspecified)
13	Kidney disease or failure	30	N03.9 (Unspecified nephritic syndrome, unspecified)
		31	N18.9 (Chronic kidney disease, unspecified)
14	Depression or anxiety	32	F32.20 (Severe depressive episode without psychotic symptoms, not specified as arising in the postnatal period)

		33	F32.90 (Depressive episode, unspecified, not specified as arising in the postnatal period)
		34	F41.1 (Anxiety disorder, unspecified)
15	Chronic urinary problem	35	N40 (Hyperplasia of prostate)
16	Any cancer in the last 5 years	36	C80 (Malignant neoplasm without specification of site)
17	Osteoporosis	37	M81.99 (Other osteoporosis, site unspecified)
18	Dementia or Alzheimer's disease	38	F03 (Unspecified dementia)
19	Colon problem (irritable bowel)	39	K58.9 (Irritable bowel syndrome without diarrhoea)
20	Chronic musculoskeletal condition causing pain or limitation	No matching ICD-10 code	