

Supplementary Table 1. Multivariate linear regression coefficients for factors associated with healthcare costs

Cost category	Variable	B	Standard error	t	p value
Total cost	HbA1c	80.38	54.28	1.481	0.139
	Age	-28.21	5.44	-5.189	< 0.001
	Male	1,345.32	173.22	7.766	< 0.001
	BMI	-43.68	21.15	-2.065	0.039
	CKD	4,506.88	192.24	23.444	< 0.001
	Cancer	10,024.58	330.26	30.354	< 0.001
	SDE	5,641.13	238.97	23.606	< 0.001
	Medical aid	2,113.64	302.13	6.996	< 0.001
	Without insurance coverage	888.49	432.08	2.056	0.040
Inpatient cost	HbA1c	-9.05	41.60	-0.216	0.829
	Age	-2.09	4.20	-0.497	0.619
	Male	1,198.08	133.72	8.960	< 0.001
	BMI	-82.12	16.33	-5.029	< 0.001
	CKD	1,562.15	148.40	10.527	< 0.001
	Cancer	6,403.18	254.94	25.116	< 0.001
	SDE	1,460.87	184.47	7.919	< 0.001
	Medical aid	1,396.42	233.23	5.987	< 0.001
	Without insurance coverage	1,366.00	333.54	4.095	< 0.001
Outpatient cost	HbA1c	73.75	25.42	2.90	0.004
	Age	-28.32	2.55	-11.12	< 0.001
	Male	-164.12	81.13	-2.02	0.043
	BMI	31.47	9.91	3.18	0.001
	CKD	2,396.31	90.04	26.614	< 0.001
	Cancer	1,797.49	154.68	11.621	< 0.001
	SDE	3,495.28	111.92	31.229	< 0.001
	Medical aid	531.55	141.51	3.756	< 0.001
	Without insurance coverage	-143.77	202.37	-0.710	0.477
Out-of-pocket cost	HbA1c	50.82	15.34	3.317	0.001
	Age	-2.18	1.54	-1.417	0.156
	Male	1.93	48.95	0.039	0.969
	BMI	21.34	5.98	3.570	< 0.001
	CKD	1,322.72	54.33	24.347	< 0.001
	Cancer	1,073.37	93.33	11.501	< 0.001
	SDE	486.52	67.53	7.204	< 0.001
	Medical aid	-1,628.87	85.38	-19.078	< 0.001
	Without insurance coverage	1,198.81	122.10	9.818	< 0.001
Insurance expenditure	HbA1c	29.50	46.57	0.633	0.526
	Age	-26.03	4.66	-5.581	< 0.001
	Male	1,343.38	148.61	9.040	< 0.001
	BMI	-65.02	18.15	-3.583	< 0.001
	CKD	3,184.08	164.93	19.306	< 0.001
	Cancer	8,951.21	283.33	31.593	< 0.001
	SDE	5,154.60	205.01	25.143	< 0.001
	Medical Aid	3,742.51	259.20	14.439	< 0.001
	Without insurance coverage	-310.32	370.68	-0.837	0.403

Values are multivariate linear regression estimates reported as unstandardized coefficients (B), standard errors, t-statistics, and p values. HbA1c, hemoglobin A1c; BMI, body mass index; CKD, chronic kidney disease; SDE, serious disease exemption.

Models adjusted for age, sex, BMI, CKD, cancer, SDE, and insurance class. The categorical variable reference categories were as follows: sex, female; CKD, no CKD; cancer, no cancer; SDE, no SDE; insurance class, National Health Insurance (with class 1 = medical aid and class 2 = without insurance coverage). Continuous variables (HbA1c level, age, and BMI) were linearly modeled.