Supplemental Table 1: Odds Ratios and 95% confidence intervals of participants scoring in the highest 2 categories of SF-36 measures[1]

Outcome	Baseline (n = 163)	Month 6 (n = 152)	Month 12 (n = 146)	Month 18 (n = 142)	P value Month 6 vs 1	P value Month 12 vs 1	P value Month 18 vs 1
General Health	1	2.27 (1.61,3.22)	1.93 (1.40,2.66)	2.03 (1.38,3.00)	<.0001	<.0001	0.0004
Bodily Pain[2]	1	1.01 (0.69,1.49)	1.10 (0.74,1.64)	0.87 (0.59,1.30)	0.9472	0.6319	0.5058
Mental Health	1	2.58 (1.74,3.81)	2.25 (1.61,3.14)	2.05 (1.44,2.90)	<.0001	<.0001	<.0001
Physical Functioning	1	1.12 (0.42,3.02)	1.05 (0.33,3.33)	0.92 (0.38,2.27)	0.8195	0.9346	0.8606
Role Limitations due to emotional health	1	3.57 (1.93,6.62)	2.13 (1.21,3.76)	1.66 (0.90,3.06)	<.0001	0.0087	0.1079
Role limitations due to physical health	1	2.73 (1.19,6.23)	1.45 (0.74,2.86)	1.51 (0.70,3.27)	0.0173	0.2805	0.2945
Social Functioning[3]	1	3.84 (1.66,8.90)	2.48 (1.17,5.25)	1.64 (0.88,3.04)	0.0017	0.0173	0.1167
Vitality	1	2.84 (1.78,4.53)	3.37 (2.15,5.28)	3.01 (1.83,4.94)	<.0001	<.0001	<.0001

[1]All analyses adjusted for age (years), sex, ethnicity, and worksite. Cut-points for each measure are as follows: general health ≥ 75; bodily pain ≥ 75; mental health ≥ 80; physical functioning ≥ 75; role limitations due to emotional health ≥ 66; role limitations due to physical health ≥ 75; social functioning ≥ 75; and vitality ≥ 80. Presence in the highest category indicates better health/better outcome (e.g., better general health, less bodily pain, better mental health, etc.).

[2]One question in the bodily pain domain was missing "very mild" as an answer choice.

[3]Generalized estimating equation model did not coverage due to non-positive definite generalized Hessian Matrix. This was due to the large amount of sites and the limited occurrence of non-events. We collapsed worksite groups from 8 to 3 sites to allow for convergence.

Abbreviation: SF-36, Rand 36-Item Short Form Survey.