

Supplementary Table 1: Overview of the included studies supporting the PtC: intervention; health care professional groups; patient groups; modalities, techniques; drivers and barriers

Reference	Intervention	Delivered by	Patients	Modality	Synchrone (Yes/No)	Drivers	Barriers
Disease monitoring							
Pers et al, 2021[1]	Disease monitoring	Doctors	RA ¹	Mobile App	No	High flexibility. No travel time	Smartphone and digital skills required. No possibility of physical examination. Self-assessment training required.
Taylor-Gjevre et al, 2018[2]	Disease monitoring	Doctors	RA	Video conference	Yes	Visual contact. No travel time, high flexibility	Digital skills and Internet connection required. No possibility of physical examination. Self-assessment training required.
Salaffi et al, 2016[3]	Disease monitoring	Doctors	Early RA	Web	No	High flexibility. No travel time	Internet access and digital skills required. No possibility of physical examination. Self-assessment training required.
de Thurah et al, 2018[4]	Disease monitoring	Doctors and nurses	RA	Telephone/ Web	Yes	Simple telehealth, high flexibility. No travel time	Internet access and digital skills required. No possibility of physical examination. Self-assessment training required.
Wood et al, 2019[5]	Disease monitoring	Doctors	IA ²	Video conference	Yes	Visual contact. No travel time, high flexibility	Digital skills and Internet connection required. No possibility of physical examination. Self-assessment training required.
Diagnostics							
Leggett et al, 2001[6]	Diagnostics	Doctors	RMD ³	Video conference	Yes	Visual contact. No travel time, high flexibility	Digital skills and Internet connection required. No possibility of physical examination.
Nguyen-Ogahalai et al, 2018[7]	Diagnostics	Doctors	RMD	Video conference	Yes	Visual contact. No travel time, high flexibility	Digital skills and Internet connection required. No possibility of physical examination.
Peterson et al, 2019[8]	Diagnostics/classification of symptoms	Doctors	LBP ⁴	Web	Yes	No travel time, high flexibility	Digital skills and Internet connection required. No possibility of physical examination.
Physical activity and training							
Bennel et al, 2017[9]	Telephone coaching, physical-activity	PT ⁵	OA ⁶	Telephone	Yes	Simple telehealth, easy to use, high accessibility. No travel time	No visual contact/instruction.
Amorim et al, 2019[10]	Motivating app to increase physical activity	PT	LBP	Mobile App	No	High flexibility. No travel time	Digital skills and smartphone required.
Skrepnik et al, 2017[11]	Motivating app to increase physical activity	PT	OA	Mobile App	No	High flexibility. No travel time	Digital skills and smartphone required.
Hinman et al, 2019[12]	Telephone coaching, physical-activity. Add on to F2F ⁷	PT	OA	Telephone	No	Simple telehealth, easy to use, high flexibility. No travel time	No visual contact/instruction.
Kloek et al, 2019[13, 14]	Internet-delivered exercise. Add on to F2F	PT	OA	Web	No	High flexibility, possibility of repetition of patient education material. No travel time.	Digital skills and Internet connection required.
Odole et al, 2013[15]	Tele-physiotherapy	PT	OA	Telephone	No	Simple telehealth, easy to use, high accessibility. No travel time	No possibility of physical examination. Digital skills and smartphone required
Rehabilitation/ self-management							
Cuperus et al, 2015, 2016[16, 17]	Tele-rehabilitation, self-management and goal setting. Add on to F2F	PT, OT, dietician and nurse	OA	Telephone	No	Simple telehealth, easy to use, high flexibility. No travel time.	No visual contact/no physical examination or instruction.

Azma et al, 2017[18]	Tele-rehabilitation	PT and doctor	OA	Telephone	No	Simple telehealth, easy to use, high flexibility. No travel time.	No visual contact/no physical examination or instruction.
Geraghty et al, 2017[19]	Internet-delivered self-management and goal setting program	PT	LBP	Web	No	High flexibility, possibility of repetition of patient education material. No travel time	No visual contact/no physical examination, instruction. Digital skills and internet connection required.
O'Brien et al, 2018[20]	Telephone-based weight loss support	HPRs including dietetics, PTs and psychologists	OA	Telephone	No	Simple telehealth, easy to use, high flexibility. No travel time.	No visual contact/instruction.
Friesen et al, 2017[21]	Internet-delivered cognitive behavioral pain management	Non-clinicians	FM ⁸	Web	No	High flexibility, possibility of repetition of patient education material. No travel time	Digital skills and Internet connection required.
Ammerlaan et al, 2014[22]	Self-management support	Not specified	Adolescents, IA	Web	No	Flexibility, possibility of repetition of patient education material. No travel time	Digital skills and Internet connection required.
Shebib et al, 2019[23]	Tele-rehabilitation	PT	LBP	Mobile App	No	Simple telehealth, easy to use, high accessibility.	Digital skills and smartphone required. No possibility of physical examination.
Berdal et al, 2018[24]	Tele-rehabilitation and goal planning. Add on to F2F	Doctor, PT, OT, nurse	RMD	Telephone	No	Simple telehealth, easy to use, high accessibility. No travel time.	Digital skills.
Nero et al, 2017[25]	Tele-rehabilitation	PT	OA	Web	No	Simple telehealth, easy to use, high accessibility.	Digital skills, smartphone or internet connection required.
Motivation, communication and cognitive behavioral therapy (CBT)							
Rutledge et al, 2018 [26]	Telephone CBT ⁹	Non-clinicians	LBP	Telephone	Yes	Simple telehealth, easy to use. No travel time	No visual contact.
Solomon et al, 2010 [27]	Motivating to adherence	Not specified	OP ¹⁰	E-mail/telephone	No	Simple telehealth, easy to use, high flexibility, No travel time	Access to email required.
Gossec et al, 2018[28]	Internet-delivered platform for patient-physician interaction	Doctors	RA	Web	No	High flexibility, possibility of pre-request of data	Self-assessment training required. Digital skills and Internet connection required.
Tso et al, 2015[29]	Motivating to adherence	Pharmacists	OP	Telephone	No	Simple telehealth, easy to use. No travel time	No visual contact.
Vallejo et al, 2015[30]	Internet-based CBT	PT, psychologist	FM	Web	No	Flexibility, possibility of repetition of patient education material. No travel time	Digital skills and Internet connection required.
Khan et al, 2020[31]	Digital coaching	Not specified	SLE ¹¹	Mobile App	No	Simple telehealth, easy to use. No travel time.	Smartphone and digital skills required. Self-assessment training required.
Patient education							
Kennedy et al, 2017[32]	Patient education	PT	IA	Video conference	Yes	Flexibility. No travel time	Digital skills and Internet connection required.
Song et al, 2020[33]	Patient education, adherence and disease activity	Nurses	RA	Telephone	No	Simple telehealth, easy to use, flexibility. No travel time	No physical contact.

1 Rheumatoid arthritis 2 Inflammatory arthritis 3 rheumatic and musculoskeletal diseases 4 Low back pain 5 Physio therapist 6 Osteoarthritis 7 Face-to-face visit 8 Fibromyalgia 9 Cognitive Behavioural Therapy 10 Osteoporosis 11 Systemic lupus erythematosus

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