

Supplementary table 1. Contents of the worksheet

Section	Item	Time frame	Source of information
Administrative Information	CM Name, Physician Name, Personal ID Number, Name, Age		
Sex and Gender	Biological Sex (Female, Male), Gender Identity (Female, Male, Other, Prefer not to say)		F, R
Social and Background Information	Date of Information Collection		F, M, R
	Ethnic background (country of birth: self, parents, grandparents)		
	Relationship status, Living situation, Household members		
	Having children (biological, adopted, stepchildren, or foster children) and their number		
	Housing type (Ordinary, Special, Other, Homeless)		
	Assistance received (e.g., guardian, trustee, home care, informal support)		
	Employment/Social Engagement Status (detailed options like open market work, sheltered employment, studies, rehabilitation, day activity, etc.)	Last 12 months	
	Sick leave (duration and degree (%), current status)	Last 12 months	
	Permanent disability or activity compensation (status, degree (%), year granted)		
	Education level (highest completed level), Total years of education		
Medical History	Family history of angina or heart attack (before age 60)		F, M, R
	Age at first psychiatric contact		
	Age and type of first psychiatric symptoms		
	Previous or current somatic disorders (selection list)		

	Erectile dysfunction (men), Diagnosis/treatment for ED		
	Aortic ultrasound (men ≥ 65 years)		
	Regular pap smear (women 23–64 years), Regular mammography (women 40–73 years)		
	Dental care support (need and justification)		
	Use of steroids (oral/injection)		
	Antipsychotic medication (drugs used, treatment purpose)		
	Antihypertensives (drugs used, treatment purpose)		
	Lipid-lowering drugs		
	Diabetes medication (drugs used, purpose: diabetes/obesity)		
	Inpatient psychiatric care (frequency, days, compulsory care count)	Last 12 months	
	ICD diagnosis code for psychotic disorder		
	Year of first psychosis diagnosis		
	Comorbid psychiatric disorders (ICD codes)		
Lifestyle Habits	Sleep Sleep problems and interventions (e.g., medication, weighted blanket)		F, R, S
	Smoking Status, start/stop age, quantity		
	Snus (Swedish smokeless tobacco) Same as above		
	Physical Activity Daily activities: low- to moderate-intensity (walking, shopping, chores) Physical exercise: to breathlessness (e.g., gym, running)	Typical day during the last 12 months	

	<p>Sedentary time: sleeping, napping, screen time</p> <p>Total time (active + sedentary + sleep) should sum to 24h</p>		
	<p>Dietary Index</p> <p>Frequency of vegetables, fruits, fish, sweets/snacks, breakfast; Dietary Index score (0–12)</p>	Last 12 months	
	<p>Alcohol (AUDIT-C)</p> <p>Frequency of drinking, quantity per session, binge drinking, AUDIT-C score</p>	Last 12 months	
	<p>Substance Use Disorders</p> <p>Including alcohol, cannabis, opiates, sedatives, tobacco, stimulants (e.g., caffeine) (per ICD F-codes)</p>		
Physical Examination	<p>Date, Time, BP, Pulse, Height, Weight, Waist & Hip circumference</p>		F
	<p>Body composition via TANITA body composition analyzer*: fat mass, muscle mass, water, bone mass, metabolic age</p>		
Blood Tests	<p>Date/time of test</p> <p>Fasting status (Yes/No) and number of fasting hours</p> <p>P-CRP, P-Creatinine, eGFR, P-AST, P-ALT, P-ALP, P-Bilirubin, P-Glucose, B-HbA1c, P-Cholesterol (Total, LDL, HDL, non-HDL), P-Triacylglycerol</p>		F, M
Assessment Scales	<p>EQ-5D-5L</p> <p>Mobility, Personal care, Usual activities, Pain/discomfort, Anxiety/depression, Self-rated health (0–100)</p>		F, S
	<p>Metabolic Syndrome*</p> <p>Defined by waist size, triglycerides, HDL, BP, glucose</p>		
	SCORE2 & QRISK3*		

	CVD risk scores, Healthy heart age		
Other Information	Participation in LAGOM health education*	Last 12 months	F, M, R
	Sessions with internal/external healthcare professionals on physical activity, diet, smoking, alcohol*	Last 12 months	
	Experience using TANITA and QRISK3*		
	Adverse medical events (non-psychiatric)*	Since last control	
	Reason for trial withdrawal (if applicable)		
* Only intervention clinics.			
Abbreviations: B-HbA1c, Blood Hemoglobin A1c; BP, blood pressure; ED, erectile dysfunction; eGFR, estimated glomerular filtration rate; F, face-to-face interviews; M, medical records; P-ALP, Plasma Alkaline Phosphatase; P-ALT, Plasma Alanine Transaminase; P-AST, Plasma Aspartate Transaminase; P-CRP, Plasma C Reactive Protein; P-HDL, Plasma High Density Lipoprotein Cholesterol; P-LDL, Plasma Low Density Lipoprotein Cholesterol ; R, remote interviews; S, self-administered questionnaires completed at home.			