

Supplementary File 1. Interview Guide

Questions	
1	Can you describe how having both diabetes and high blood pressure affects your daily life?
2	What challenges do you face in managing medicines, diet, and physical activity?
3	How does your illness affect your work and family responsibilities?
4	How do you usually decide when and where to seek treatment?
5	Can you describe your experiences with government and private health facilities?
6	What difficulties do you face in reaching health-care centres or getting medicines?
7	How do health-care providers treat you when you visit hospitals or clinics?
8	How affordable is the treatment for you and your family?
9	What are the main reasons that prevent you from visiting hospitals regularly?
10	Have you ever missed medicines or appointments? What made that happen?
11	How do family or social responsibilities affect your treatment?
12	How do you remember to take your medicines every day?
13	How well do you understand the information given by doctors or nurses?
14	What kind of support or information would help you manage your illnesses better?