Table 1: Basic Characteristics and Main Features of the Telehealth Services Provided or Used for Primary Health Care

First Author	Type of Disease	Country	Purpose of telehealth	Telehealth Delivery Model	Telehealth Staff	Population Type	Telehealth Services Receiver	Type of study	Age of participant	follow up (month)
Chan[27]	Type 2 DM	China	Education, monitoring and controlling disease	Two-way synchronous	Primary care group, Specialist	NM	Patient	NM	Elderly(Average age: 73.3)	2
Cottrell[28]	Hypertension	UK	Managing hypertension	Synchronous	GP	NM	Patient	Observational	Adults	6
Calvoa[29]	COPD	Spain	Telemonitoring and follow-up	Asynchronous	GP, Pulmonologist, Nurse	Urban	Patient, Primary care physician	Controlled trial	Elderly	7
Schuttner[30]	Population based primary health care	Zambia	Referral, follow up, and outreach service	Synchronous	Community health workers, GP	Rural	Care Provider	Observational	NM	8
Klein-Wiele[31]	Palpitation	Germany	Detecting arrhythmia	One-way asynchronous	GP, Specialist	NM	Patient	Observational	17-82	1
Huis in 't Veld[32]	Neck–Shoulder Pain	Netherlands	reduce pain, reduce disability	Synchronous	Myo-feedback therapist, Technician	NM	Patient	Qualitative study	NM	1
Tabak[33]	COPD	Netherlands	Support treatment of COPD through self-management	Two-way	Specialist, Nurse	NM	Patient	RCT	NM	9
Uscher-Pines[34]	Minor illnesses	USA	Examining impact of telemedicine services on care	Two-way synchronous	Physician	NM	Patient	Observational	NM	11

Harrison[35]	Diseases related to 10 different specialties	UK	Teleconferencing outpatient consultations	Two-way synchronous	GP, Specialist	Urban	Patient	Observational exploratory feasibility study	NM	5
Izquierdo[36]	Diabetes	USA	Following the recommendation of remote diabetes team by GPs	NM	GP, Specialist	Rural	Patient	RCT	55 years of age or older	7 years
de Lusignana[37]	Chronic Heart Failure	UK	Home telemonitoring	Synchronous/asynchronous	Nurse, Cardiologist, GP, Clinical physiologist	NM	Patient	RCT	Between 65 and 80	6
Anogianakis[38]	Primary care in prison	Greece	To assist primary care team for delivery of health care in prison	NM	GP, Paramedics, Specialist, Nurse	Urban	Patient	Observational (cross-sectional)	NM	9
Trief[39]	Diabetes	USA	Improving diabetes control	Synchronous and asynchronous	Dietitian, Nurse, Specialist	Rural	Patient	Observational	Elderly patients	12
Glynn[40]	Physical activity	Ireland	Promoting physical activity in primary care	Synchronous and asynchronous	Primary care team	Rural	Young population	RCT	>16 age	8
Mussulman[41]	Smoking Cessation	USA	Examining tele-delivery of effective tobacco treatment	Synchronous	Counselor, Receptionist, Nurse	Rural	Patient	RCT	>18	12
Pratt[42]	Mental illnesses	USA	Improving self-management	Synchronous and	Nurse	Urban	Patient	Observational	aged 18 and older	6

				asynchron ous						
Levy[43]	Spina Bifida	UK	To support continence self-care deficits	Two-way	Nurse	NM	Patients' family	Observati onal	12-18 years	NM
Bove[44]	Hypertensi on	USA	Self-monitoring	Two-way	GP, Nurse	Urban, Unders erved	Patient	RCT	>18	6
Al Alawi[45]	Diabetic retinopathy	Bahrain	Screening	NM	Ophthalmol ogist, Ophthalmol ogic technician	NM	Primary care physician	Observati onal	24-84 years	NM
Hatef[46]	Diabetic retinopathy	USA	Increasing the completion of the annual eye examination	NA	GP, Specialist	Urban, Unders erved	Patient	Observati onal	18-75 years	NM
Odnoletk ova[47]	Type 2 DM	Belgium	Coaching	NA	Certified diabetes nurse educator	NM	Patient	RCT	18-75 years	18
Quinn[48]	Type 2 diabetes	USA	Evaluate self-efficacy for diabetes self-management	Two-way	Certified diabetes educator, Patient coaching system	NM	Patient	Observati onal	seven older adults (mean age: 70.3 years)	2
Wakefiel d[49]	Diabetes and hypertensio n	USA	Evaluating the efficacy of remote monitoring	NA	Nurse	Urban	Patient	RCT	40-89 years	6 and 12
Deen[50]	Depression	USA	Evaluating acceptability,	Two-way	Nurse, Psychologist	NM	Patient	RCT	Mean: 47	12

					, Psychiatrist, Pharmacist					
Tudiver [51]	Diabetes	USA	Evaluating acceptability	NA	GP, Dietitian	Mostly rural, urban	Patient	Observational (longitudinal survey)	Mean: 48	12
Nagrebetsky [52]	Type 2 diabetes	UK	Feasibility self-monitoring	Synchronous	GP, Nurse	NM	Patient	RCT	Mean: 58	6
Bujnowska-Fedak [53]	Primary care	Poland	Support real time consultations	Two-way synchronous	GP, Academic family medicine specialist	Urban, Rural	GP , Patient	Descriptive	NM	3 years
Huber [54]	Obesity	USA	Improving lifestyle	NM	Wellness coach	NM	Patient	RCT	18-55	6
Etherington [55]	Cervical Cancer	UK	Screening cervical cancer	Asynchronous	Nurse, Specialist	Urban	Women with minor smear abnormality but normal cervices	Observational	19-50	2 weeks
Ruas [56]	Primary Care	Brazil	Increasing the ability of primary care providers and educating them	Asynchronous	Specialist	NM	Primary Care Physician	Observational (descriptive)	24-61	NM

Salisbury [57]	Cardiovascular Disease	UK	Reducing risk of cardiovascular disease	Asynchronous/synchronous	GP, Nurse	Urban/ Rural	Patients	RCT	40-74	12
Salisbury [58]	Chronic Health Conditions	UK	Developing conceptual model for telehealth	NM	GP	NM	Patients, Healthcare professionals	Mixed methods	NM	NM
Iannitto [59]	Diabetes Type II	USA	Managing insulin	NM	GP, Nurse	NM	Patients	Observational (cross-sectional)	>18	12
Langkamp [60]	Children with Developmental Disabilities	USA	Evaluate benefits of school based telemedicine for treating minor illnesses	Asynchronous	GP, Nurse, Certified telehealth assistant in school	Rural	Patient (school-age children with a disability)	Observational (cross-sectional)	3-21 years Mean: 9.2 years	12 months
Larsen [61]	Type 2 diabetes	UK	Adjusting the insulin dose to improve glycemic control	Asynchronous/Synchronous	Nurse/GP	NM	Patient	Observational	Mean: 57	6
Dario [62]	Type 2 diabetes	Italy	Telemonitoring for improving health-related quality of life	Synchronous/Asynchronous	Specialist	NM	Patient	RCT	Mean: 73	12
Blomdahl [63]	Disorders in the anterior part of the eye	Sweden	Evaluate technical quality of teleophthalmology	Two-way synchronous	GP, Specialist	Urban	Patient	Observational	NM	24

Thijssing [64]	COPD	Netherlands	Improving quality and efficiency of care	Two-way	GP, Specialist	NM	GP	Observational	Mean: 52	28
Hussain [65]	Urinary tract symptoms	UK	Training and supervising	Synchronous	GP, Specialist	NM	GP	Observational	NM	NM
Backman [66]	Cardiac disease	UK	Management	Two-way, synchronous/ Asynchronous	Specialist, Nurse	Rural	NM	Review	NM	NM
Pecina [67]	Dermatologic conditions	USA	Evaluation of telehealth app	Asynchronous	GP, Specialist	NM	NM	Retrospective	Mean: 44	1
Cottrell [68]	Chronic kidney diseases or blood pressure	UK	Evaluate, Management	Asynchronous two-way	GP, Nurse	Underserved, Urban	Patient	Prospective	>50 years	3-6
Bujnowska-Fedak [69]	Type 2 diabetes	Poland	Improve quality of life and health status	Two-way	Care provider (mostly GP)	NM	Care provider (mostly GP)	RCT	18-75 years	NM

- NM: Not Mentioned