

## Supplementary Material

**Table S1. Examples of Mypage healthy behaviors counseling**

Topic	Example of the text
1) Lifestyle habits	<ul style="list-style-type: none"><li>- In breast cancer patients, smoking can increase the risk of breast cancer on the contralateral side, as well as elevate cardiac toxicity and pulmonary toxicity.</li><li>- Excessive drinking may contribute to obesity. Moreover, drinking increases the risk of ovarian cancer and breast cancer on the contralateral side in breast cancer patients.</li><li>- You can burn 0.5 times more calories by sitting down as opposed to lying down when watching television.</li></ul>
2) Diet	<ul style="list-style-type: none"><li>- It is better to use chopsticks instead of a spoon during meals.</li></ul>
Encourage patients to adopt a healthy diet	<ul style="list-style-type: none"><li>- Try to have meals regularly.</li><li>- Try not to skip breakfast.</li><li>- During each meal, chew your food at least 10</li></ul>
Provide guidance for limiting calorie intake	<ul style="list-style-type: none"><li>times and eat slowly over at least 30 minutes.</li><li>- Drink at least 2 liters of water every day.</li><li>- Only eat a half-bowl of rice for each meal.</li></ul>
Help to improve the types of nutrients consumed	<ul style="list-style-type: none"><li>- Only lightly dip your food in sauce instead of soaking it.</li><li>- Use small bowls or dishes for your food, and eat</li></ul>
Provide tips for a healthy meal when eating out	<ul style="list-style-type: none"><li>vegetables first.</li></ul>

	<ul style="list-style-type: none"> <li>- If you are still hungry after a meal, wait a little bit. If you're still hungry, try drinking green tea or water.</li> <li>- Do not watch television or read a newspaper while eating.</li> <li>- Do not go grocery shopping when you are hungry. You will likely buy foods on impulse. Make sure to make a list before grocery shopping so that you only buy things you need.</li> <li>- Here are some tips to eat healthy when dining out.</li> </ul>
3) Exercise	- Exercise is not only good for managing obesity but also helpful for changing your mood and improving sleep disorders and fatigue in breast cancer patients.
Increase physical activity to the recommended level of 9 MET hours per week	<ul style="list-style-type: none"> <li>- Fast walking for more than 30 minutes 4-5 times a week is helpful.</li> <li>- One piece of wafer cookie is about 10-15 kcal, and you have to walk for about 3-4 minutes to burn this number of calories.</li> </ul>

**Table S2.** Comparison of Metabolic Risk Factors in the Control and Experimental Groups

Characteristics	Control group(n=30)	Experimental group (n=30)	t	p
	Mean $\pm$ SD			
Body composition				
Weight (kg)	59.3 $\pm$ 9.5	60.7 $\pm$ 9.3	0.56	0.576
Waist circumference (cm)	85.7 $\pm$ 9.3	87.2 $\pm$ 8.9	0.65	0.520

Blood pressure (mmHg)				
Systolic	114.4±13.1	111.9±16.2	0.68	0.500
Diastolic	74.2± 8.9	73.3±10.7	0.38	0.705
Fasting blood glucose (mg/dL)	95.1±12.9	93.2±12.9	0.59	0.557
Triglyceride (mg/dL)	130.2±76.4	133.3±60.6	0.17	0.862
Total cholesterol (mg/dL)	202.8±38.7	206.1±41.9	0.31	0.755
High density lipoprotein cholesterol (mg/dL)	57.8±12.7	57.1±15.0	0.17	0.864
Low density lipoprotein cholesterol (mg/dL)	126.3±34.8	129.8±38.2	0.37	0.712

---