

Digital appendix 1

Questionnaire (English translation).

Name, Sex (Male or Female), Age

A. What is your current level of education?

- a. No formal education
- b. Primary school
- c. Secondary school
- d. High school graduate

- e. Some College
- f. Technical Degree
- g. College Graduate
- h. Teaching Degree

B. What is your profession?

- a. Domestic
- b. Business
- c. Education
- d. Tourism

- e. Service
- f. Agricultural Worker
- g. Doctor or Medical Practitioner
- h. Other

C. How long does it take you to arrive at the clinic?

- a. 1 – 5 minutes
- b. 5 – 10 minutes
- c. 10 – 20 minutes
- d. 30 – 45 minutes

- e. 1 hour
- f. 1 hour and 30 minutes to 2 hours
- g. More than 2 hours
- h. I don't go to the clinic

D. By what means do you travel to the clinic?

- a. By car
- b. By taxi
- c. By bus

- d. By bicycle
- e. On foot
- f. I don't go to the clinic

E. Do you need someone to watch your children/family members when you go to the EBAIS?

- a. Yes
- b. No
- c. No, I don't go to the EBAIS

F. What kind of insurance do you have?

- a. Independent Worker
- b. Voluntary
- c. Salaried Worker
- d. State
- e. Non-Contributive Regimen
- f. Domestic Service
- g. Same Sex Pair
- h. Other
- i. None
- j. Not sure/ Don't Know

- G. Do you take medication/s on a regular basis? Yes or No
 - a. How many medications do you take? 0-1, 2, 3, 4, 5, 6, 7+
 - b. How often do you take medications? Morning and Night, Once a Day, Every other day, Once a week, Once a month
- H. Do you have a chronic illness or condition? Yes or No
 - a. If Yes, what illness?
- I. How often do you visit a doctor? Weekly, 2x a month, Monthly, Yearly, Rarely, Never
 - a. How long are you visits with the doctor? Less than 10 minutes, 10 to 15 minutes, 15 – 30 minutes, 30 – 60 minutes, more than an hour
- J. Where do you receive your prescribed medications? Doctor, Pharmacy, Family, Friends, Natural Medicine Store, Don't take medications
- K. Do you feel comfortable asking your doctor any questions you may have about your medications?
 - a. If no, how can your treatment be improved? More time with the doctor, more communication about medication usage, more information about the types of medication used and their purpose
- L. Do you follow your doctor's advice regarding medications? Yes or No
 - a. If not, why? Options: Price, Availability, Convenience, Dislike medication.
- M. Do you seek any additional forms of medical advice when you are ill? Family Members, Friends or Neighbors, Naturopathic Doctor, or Only the Doctor
- N. Do you take medications other than those that your doctor prescribes? Yes or No
 - a. What kind of medications are they? Prescription or Natural
 - b. Where do you obtain these medications? Natural medicine store, Family members, Friends, Supermarket

Interviews were also conducted with a select few individuals from the Tirras community and one medical practitioner from the EBAIS center. These interviews were conducted with individuals who fit within the study participant guidelines and who were willing to participate in this additional interview. The following questions were asked of patients during these interviews. Some questions were adapted during the process to add fluidity during conversation, but all topics that the questions addressed were included in each interview (translated from original form, see Appendix Section C for original questions in Spanish).

Patient Interview Questions:

- A. Describe your Name, Age, Type of Work, type of Insurance
- B. Please describe your medication usage.
 - a. Are these medications easy to obtain? Is your medication regimen easy to follow?
- C. Do you believe that medical care is easily accessible in Tirras? (Yes, No)
 - a. Could you elaborate about your personal experience with the EBAIS centers? Details may include time to clinic, waiting time, appointment time, and any costs incurred
- D. Are you comfortable discussing your treatments and medication usage with your doctor?
 - a. Do you believe that you have a positive and open relationship? If not, how could this be improved?

- E. Are there existing stereotypes or preconceptions about medication usage? For example, 'medications contain many dangerous chemicals', 'medications cause negative side effects', etc.
- F. What are your opinions regarding the use of natural medicine?
 - a. Have you used this kind of medicine previously? If so, why?

Medical Practitioner Interview Questions:

- A. Can you describe your role here in the EBAIS, and what kind of patients you work with?
- B. How much time do you spend with each patient?
 - a. Would you prefer to have more/less time to spend with your patients? Why?
- C. Do you believe that you have a positive relationship with your patients?
 - a. Is there a way to improve this relationship? (For example more appointment time)
- D. What are your opinions regarding the use of natural medicine?
 - a. Have you recommended that a patient use natural medicine as part of their medication regimen?
 - b. Have you asked patients about their use of natural medicine during their medical evaluations?
- E. Have you seen evidence of patients sharing unused medications, or using medications that have not been prescribed to them directly?
- F. Are there existing stereotypes or preconceptions about medication usage? For example, 'medications contain many dangerous chemicals', 'medications cause negative side effects', etc.

Digital appendix 2
Figures and Tables

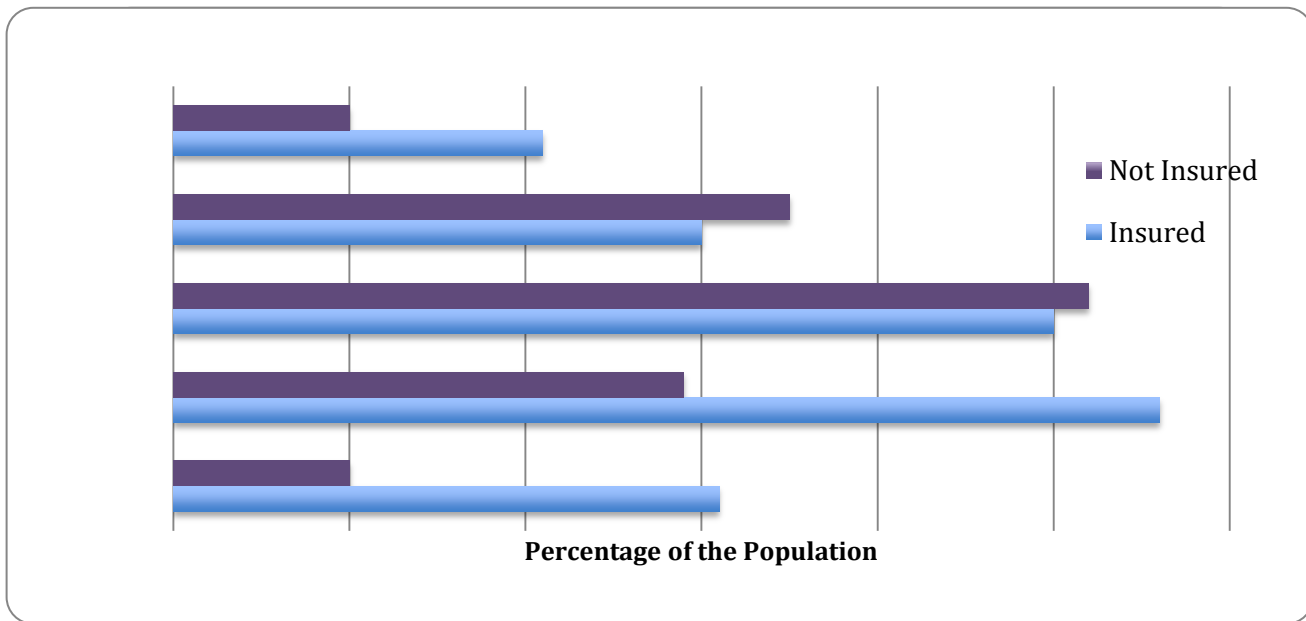


Fig. 1. Comparison of patient reported level of comfort when discussing their medications and illnesses with their medical practitioner between insured and uninsured populations.

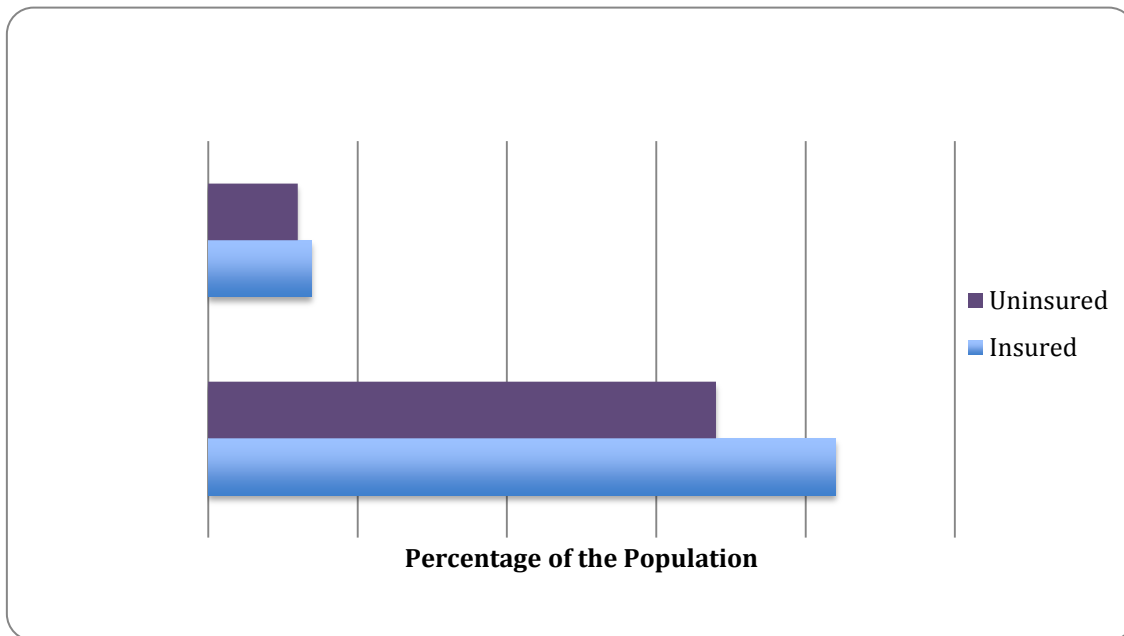


Fig. 2. Percentage comparison of prescription medication usage, natural medication usage, non-prescribed medication usage, use of Doctor prescribed medications, and chronic illness reporting in insured and uninsured populations of patients.

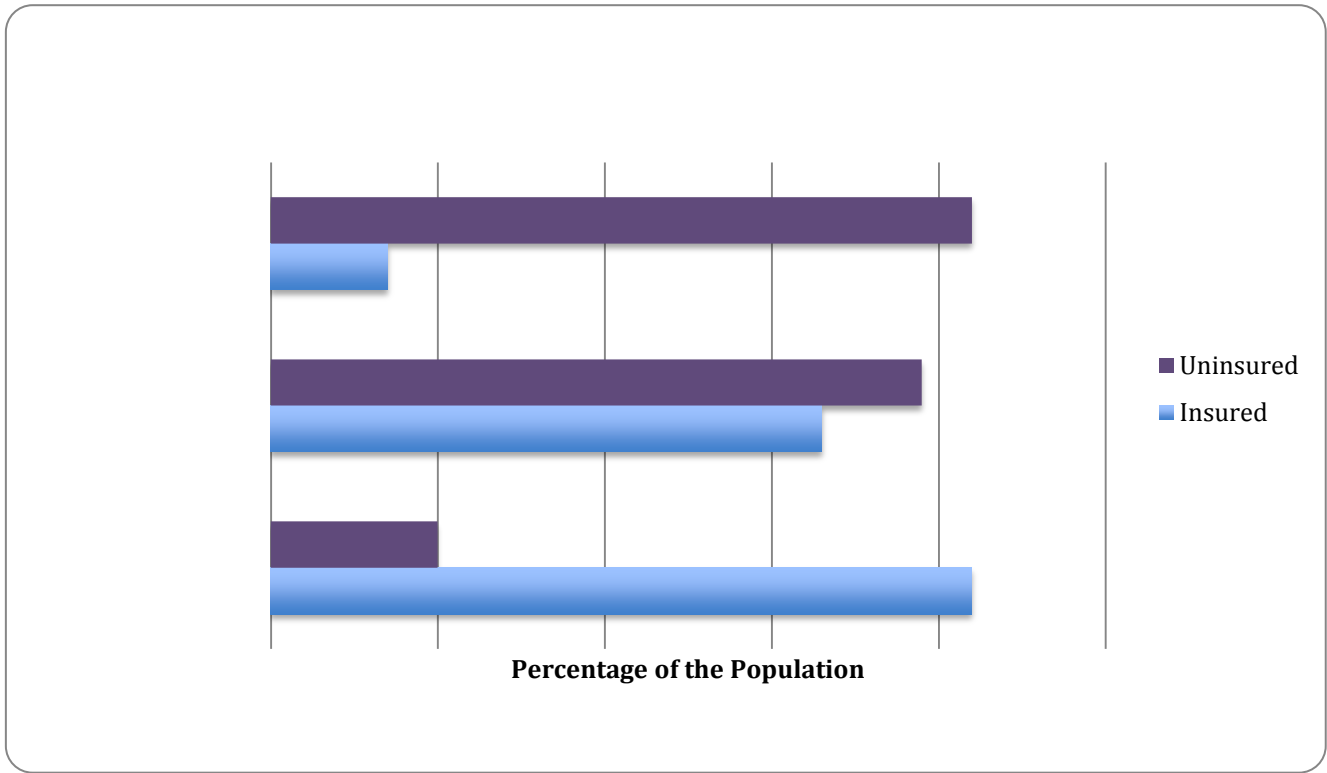


Fig. 3. Comparison of frequency of doctor visits between insured and uninsured populations

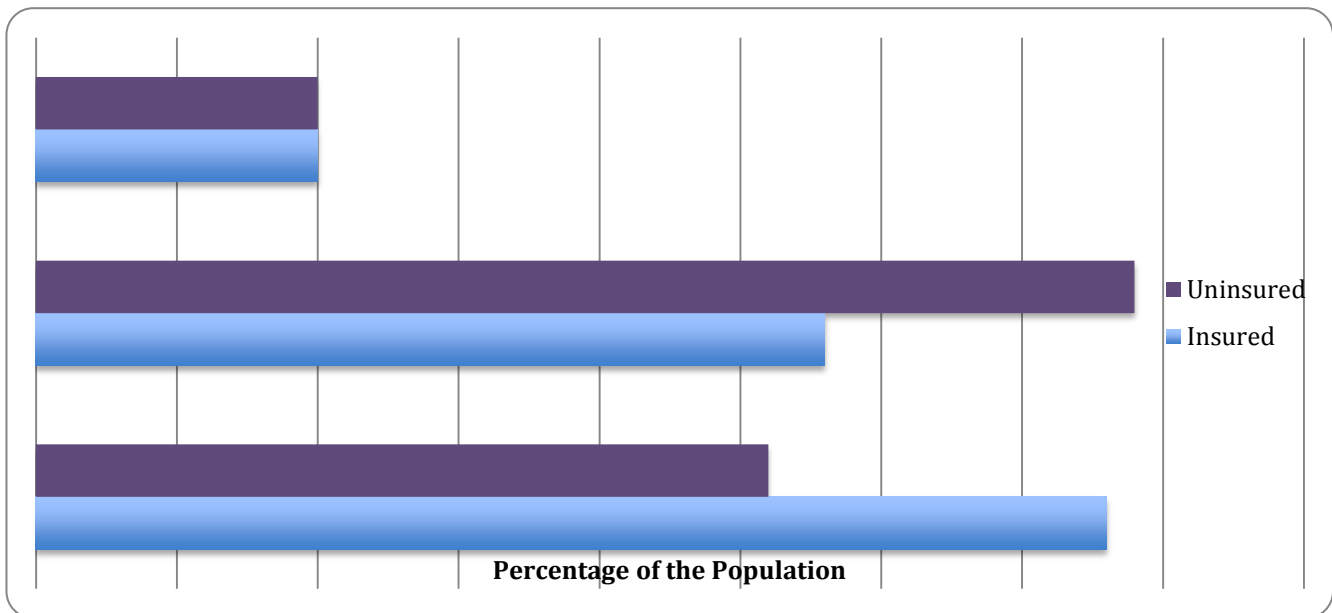


Fig. 4. Comparison of sources of medical advice used by patients between insured and uninsured population.