| Reviews excluded                                                                 | Reason(s) for exclusion                                                                                                                                   |
|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Aalbers, T., Baars, M. A. E., & Rikkert, M. O. (2011). Characteristics of effective Internet-mediated interventions to change lifestyle in people aged 50 and older: a systematic review. Ageing research reviews, 10(4), 487-497. | Outcomes did not meet inclusion criteria – The majority of studies included (10 out of 12) focus on outcomes other than physical activity (e.g. nutrition and weight-loss). Two papers with physical activity outcomes were not analysed independently. |
| Alharbi, M., Straiton, N., Smith, S., Neubeck, L., & Gallagher, R. (2019). Data management and wearables in older adults: A systematic review. Maturitas, 124, 100-110. | Outcomes did not meet inclusion criteria – Did not clearly address the effectiveness of wearable devices on physical activity outcomes in older people. |
| Bert, F., Giacometti, M., Gualano, M. R., & Siliquini, R. (2014). Smartphones and health promotion: a review of the evidence. Journal of medical systems, 38(1), 9995. | Outcomes did not meet inclusion criteria - Six of the studies in the review relate to health in the elderly but the outcomes are not physical activity. |
| De Bruin, E. D., Hartmann, A., Uebelhart, D., Murer, K., & Zijlstra, W. (2008). Wearable systems for monitoring mobility-related activities in older people: a systematic review. Clinical rehabilitation, 22(10-11), 878-895. | Outcomes did not meet inclusion criteria - Did not clearly address the effectiveness of the technology on physical activity in older people. Focuses more on feasibility of the technology. |
| Geraedts, H., Zijlstra, A., Bulstra, S. K., Stevens, M., & Zijlstra, W. (2013). Effects of remote feedback in home-based physical activity interventions for older adults: a systematic review. Patient education and counseling, 91(1), 14-24. | Intervention did not meet inclusion criteria - The home exercise interventions are not mHealth/eHealth. The focus of the review is the effect of remote feedback (via phone call). |
| Gordt, K., Gerhardy, T., Najafi, B., & Schwenk, M. (2018). Effects of wearable sensor-based balance and gait training on balance, gait, and functional performance in healthy and patient populations: a systematic review and meta-analysis of randomized controlled trials. Gerontology, 64(1), 74-89. | Population did not meet inclusion criteria - One of the eight included studies was in a generally healthy older population and this was not included in the meta-analysis. All analyses in this review are dependent on patient populations (e.g. stroke, Parkinson’s). |
| Kampmeijer, R., Pavlova, M., Tambor, M., Golinowska, S., & Groot, W. (2016). The use of e-health and m-health tools in health promotion and primary prevention among older adults: a systematic literature review. BMC Health Services Research, 16(5), 290. | Outcomes did not meet inclusion criteria – The study focused on the scope of use of mHealth and eHealth tools, with an emphasis on barriers and facilitators. |
| Müller, A. M., & Khoo, S. (2014). Non-face-to-face physical activity interventions in older adults: a systematic review. International Journal of Behavioral Nutrition and Physical Activity, 11(1), 35. | Intervention did not meet inclusion criteria - No insight provided into eHealth/ mHealth as they comprised only a subset of the papers and were not analysed independently. |
| Taraldsen, K., Chastin, S. F., Riphagen, I. I., Vereijken, B., & Helbostad, J. L. (2012). Physical activity monitoring by use of accelerometer-based body-worn sensors in older adults: a systematic literature review of current knowledge and applications. Maturitas, 71(1), 13-19. | Outcomes did not meet inclusion criteria - Studies included focused on the ability of the technology to measure/track activity patterns. The review did not focus on effectiveness of the technology on physical activity. |
Valenzuela, T., Okubo, Y., Woodbury, A., Lord, S. R., & Delbaere, K. (2018). Adherence to technology-based exercise programs in older adults: a systematic review. Journal of Geriatric Physical Therapy, 41(1), 49-61.

Intervention did not meet inclusion criteria – The primary intervention was exergaming.