

Date: \_\_\_\_\_

Study ID: \_\_\_\_\_

## 1. YOUR DRINKING

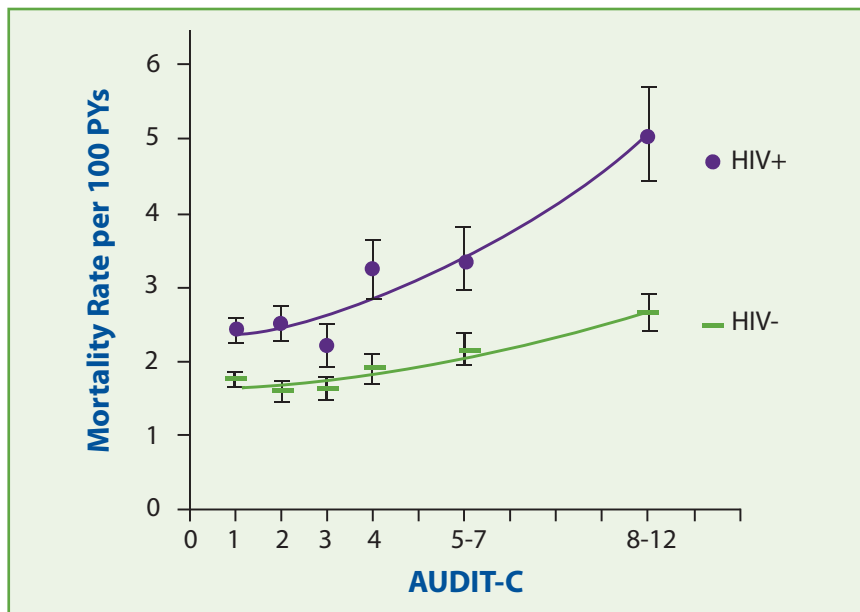
Number of standard “drinks” per week: \_\_\_\_\_ drinks

Total number of heavy drinking days over the past 3 weeks: \_\_\_\_\_ days

This means that you drink more than \_\_\_\_\_% of men/women in your age bracket

Recent alcohol consumption: AUDIT-C Score \_\_\_\_\_

**The lower your score, the lower your likelihood of mortality.**



## 2. BLOOD TESTS

### Liver related Health Status

AST: \_\_\_\_\_

Normal range: 10-72 IU/L

ALT: \_\_\_\_\_

Normal range: 10-40 IU/L

Hepatitis C Serology: positive/negative

Normal: negative

Hepatitis C Viral Load: \_\_\_\_\_

Normal: undetectable

FIB-4 Score: \_\_\_\_\_

Normal <1.45

### HIV Health Status

CD4 Count: \_\_\_\_\_

Normal: 510-1421 cells/mm<sup>3</sup>

HIV-1 Viral Load: \_\_\_\_\_

Goal: undetectable

### Overall Health Status

VACS Index: \_\_\_\_\_

Range: 0-100 (lower is better)