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: 13-55 u/L
ALT: ________________ Normal range: 7-45 u/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: 297-1551 cells/mm3
HIV-1 Viral Load: __________ Goal: undetectable

Overall Health Status
VACS Index: ________________ Range: 0-100 (lower is better)