Number: …………

Demographics:
- Date of birthday: ………………….
- Date of inclusion in the study: ………………….
- Self-perceived age (years): …………….., …………….
- Sex: Male ☐  Female ☐
- Race/ethnicity: Caucasian ☐  Latin American ☐  Sub-Saharan ☐
- Place of residence: Urban (Logroño, Calahorra, Amedo, Haro) ☐  Rural ☐  [<10,000 inhab.]
- Cultural level (self-reported): No education ☐  Complete primary ☐  Full secondary ☐  University ☐
- Employment status (self-reported): Student ☐  Active worker ☐
- Personal situation (self-reported): Live alone ☐  In family ☐  With friends ☐
- Marital status (self-reported): Single ☐  Married ☐  With a couple ☐
- Physical activity recommended by the WHO (in 18-64 years, ≥150 min/wk in an aerobic practice of moderate intensity, or ≥75 min/wk of vigorous physical activity, or an equivalent combination of moderate and vigorous activities): Yes ☐  No ☐
- Marijuana use: Yes ☐  No ☐
- EQ-5D: https://euroqol.org

Lifestyle (self-reported) and quality of life:
- Daily alcohol consumption: Abster ☐  Mild <3 / week ☐  Moderate 3-13 / week ☐  Severe> 14 / week ☐
- Smoking: Never ☐  Ex-smoker [has not smoked for> 6] ☐  Smoker ☐
- Physical activity recommended by the WHO (in 18-64 years, ≥150 min/wk in an aerobic practice of moderate intensity, or ≥75 min/wk of vigorous physical activity, or an equivalent combination of moderate and vigorous activities): Yes ☐  No ☐

Variables related to the presence of comorbidities:
- Charlson comorbidity index (https://www.mdcalc.com/charlson-comorbidity-index-cgi) and VACS index (https://www.mdcalc.com/veterans-aging-cohort-study-vacs-index)
- Comorbidities
  - cardiovascular (HBP, claudication, stroke, congestive heart failure, angina pectoris, AMI) Yes ☐  No ☐
  - digestive (liver cirrhosis) Yes ☐  No ☐
  - endocrinological (diabetes mellitus, obesity, dyslipidemia, metabolic syndrome) Yes ☐  No ☐
  - respiratory (COPD) Yes ☐  No ☐
  - osteoarticular (osteoarthritis, previous fracture) Yes ☐  No ☐
  - neuro-psychiatric (dementia, depression, anxiety, bipolar disorder, schizophrenia) Yes ☐  No ☐
  - nephrological (chronic renal failure) Yes ☐  No ☐
- Multimorbidity (presence of> 2 comorbidities) Yes ☐  No ☐
- Polypharmacy (> 5 drugs not related to HIV) Yes ☐  No ☐
- Number of drugs for HIV: ………….
- Specific taking of some of these treatments
  - AAS Yes ☐  No ☐
  - Beta-blockers Yes ☐  No ☐
- Diuretics Yes ☐ No ☐
- ACEI Yes ☐ No ☐
- ARA-II Yes ☐ No ☐
- Thyroid supplements Yes ☐ No ☐
- Statins Yes ☐ No ☐
- NSAIDs Yes ☐ No ☐
- Antidepressants Yes ☐ No ☐
- Anticholinergic Yes ☐ No ☐

• Hospitalization the previous year for any reason: Yes ☐ No ☐
• Self-perception of your health status: Excellent ☐ Very good ☐ Good ☐ Fair ☐ Bad ☐
• Falls for any reason the previous year Yes ☐ No ☐
• Neurosensorial deficit (hearing problems and / or those that require a hearing aid, and / or patients with difficulty seeing despite wearing glasses): Yes ☐ No ☐
• In women:
  - Previous pregnancy Yes ☐ No ☐
  - Number of pregnancies .........
  - Menopause (absence of period> 6 months) Yes ☐ No ☐

At the family level (first degree relatives):
- History of AMI (in <60 years) Yes ☐ No ☐
- Hypertension Yes ☐ No ☐
- Diabetes mellitus type 2 Yes ☐ No ☐
- Hypercholesterolemia Yes ☐ No ☐

Related to HIV infection and other coinfections:
• HIV diagnosis date .................. ..
• Acquisition route: Heterosexual ☐ MSM ☐ UDVP ☐ Other ☐
• Start date of the ART .................. ..
• Current ART: ................................. ..
• Previous ART employed: NRTI ☐ NNRTI ☐ PIs ☐ INSTI ☐ Other ☐
• CD4 Nadir: ..................
• Previous AIDS event: Yes ☐ No ☐
• Lipoatrophy: Yes ☐ No ☐
• Lipoaccumulation: Yes ☐ No ☐
• HBV Coinfection (HBsAg +) Yes ☐ No ☐
• HCV Coinfection (RNA +): No ☐ Previous (Cured) ☐ Active ☐
• Adherence to ART treatment (self-reported): <85% ☐ 85-99% ☐ 100% ☐
• Others
  - Ambulation speed (4 m) ..............
  - Weight ...............
  - Size ............
  - Circumference of the waist ............
  - Hip circumference ....... .......
Analytics parameters
• HIV RNA <50 cop / mL Yes ☐ No ☐
• HIV RNA <50 cop / mL since have > 1 year Yes ☐ No ☐
• CD4 number
• Biochemical, haematological and coagulation parameters (analytical data)

Fragility criteria (Fried Criteria): criteria described by Fried et al. (Fried LP, et al. The Journals of Gerontology Series A, Biological sciences and medical sciences. 2001;56(3):M146-56).