46669

Request

COSMOS JAN '21

Please use a ball-point pen to complete the form.

Below is the birthdate that we have on file for you.
If the birthday below is correct, please go to Question 1.

month / day / year

If the birthday to the left is incorrect, please provide the **CORRECTED** date of birth information below, then go to Question 1**:**

month / day / year

1. During a **typical month in 2020**, please describe how many days you missed each study pill.

a. Gray tablet in a **typical month**:	○ Missed 0 days (took all)	○ Missed 1-4 days	○ Missed 5-8 days
	○ Missed 9-15 days	○ Missed 16-29 days	○ Missed all days (took none)
b. Orange capsules in a **typical month**:	○ Missed 0 days (took all)	○ Missed 1-4 days	○ Missed 5-8 days
	○ Missed 9-15 days	○ Missed 16-29 days	○ Missed all days (took none)

c. In question 1a or 1b above, if you indicated missing 9 or more days in a typical month, what was the main reason?

○ Difficulty taking pills ○ Frequent travel

○ Chronic illness ○ Other: _____

2. NOT INCLUDING YOUR STUDY PILLS, **IN DECEMBER 2020** how much **TOTAL** vitamin D did you take from nutritional supplements such as single pills of vitamin D, multivitamins, calcium supplements (Calcium+D) or drugs that may include vitamin D (Example: Fosamax+D)?
Referring to package labels, please add up **ALL** your non-diet sources of vitamin D.

○ None ○ 400 IU or less/day ○ 401-800 IU/day

○ 801-1,000 IU/day ○ 1,001-3,000 IU/day ○ Greater than 3,000 IU/day

3. NOT INCLUDING YOUR STUDY PILLS, **IN DECEMBER 2020** how much **TOTAL** calcium did you take from nutritional supplements such as single pills of calcium, multivitamins, Os-Cal, Citracal, Calcium+D, VIACTIV, or Tums?
Referring to package labels, please add up **ALL** your non-diet sources of calcium.

○ None ○ 500 mg or less/day ○ 501-1,200 mg/day

○ 1,201-1,500 mg/day ○ Greater than 1,500 mg/day

4. At the beginning of the trial, you were randomly assigned (like a flip of a coin) to either active or placebo for each study pill.
If you had to guess, for each, what do you think you were assigned to?

a. Gray tablet (multivitamin agent): ○ Active ○ Placebo ○ No idea

b. Orange capsules (cocoa extract agent): ○ Active ○ Placebo ○ No idea

5. Did you get a flu vaccination **AFTER AUGUST 2020**?

○ No ○ Yes ○ Not Sure

Please use a ball-point pen to complete the form.

6. IN THE PAST YEAR, have you been **NEWLY DIAGNOSED** with any of the following?
Please answer **NO/YES** on each line.
IF YES, please provide the month / year of the diagnosis in the boxes provided.

		Month / Year of diagnosis:
a. Skin cancer **IF YES**, which type: ○ Melanoma ○ Squamous or basal cell ○ Not sure	○ No ○ Yes →	/
b. Cancer other than skin cancer (Specify Site: _____)	○ No ○ Yes →	/
c. A recurrence of a previous cancer (cancer that came back), invasive or in situ (Specify Site: _____)	○ No ○ Yes →	/
d. Heart attack or myocardial infarction	○ No ○ Yes →	/
e. Hospitalization for angina (chest pain)	○ No ○ Yes →	/
f. Stroke	○ No ○ Yes →	/
g. Transient ischemic attack (TIA, mini-stroke)	○ No ○ Yes →	/
h. Heart failure (congestive heart failure) **IF YES**, were you hospitalized? ○ No ○ Yes	○ No ○ Yes →	/
i. Atrial fibrillation	○ No ○ Yes →	/
j. Irregular heart rhythm other than atrial fibrillation	○ No ○ Yes →	/
k. Coronary artery bypass surgery	○ No ○ Yes →	/
l. Coronary angioplasty or stent (balloon used to unblock an artery)	○ No ○ Yes →	/
m. Carotid artery surgery/stenting (procedure to unblock arteries in neck)	○ No ○ Yes →	/
n. Peripheral artery surgery/stenting (procedure to unblock arteries in legs)	○ No ○ Yes →	/
o. Carotid stenosis (blocked arteries in neck)	○ No ○ Yes →	/
p. Deep vein thrombosis (blood clot in legs)	○ No ○ Yes →	/
q. Pulmonary embolism (blood clot in lungs)	○ No ○ Yes →	/
r. Abdominal aortic aneurysm (dilation of aortic artery)	○ No ○ Yes →	/
s. Hypertension (high blood pressure)	○ No ○ Yes →	/
t. Diabetes	○ No ○ Yes →	/
u. Kidney stones	○ No ○ Yes →	/
v. Kidney failure or dialysis	○ No ○ Yes →	/
w. Any thyroid condition **IF YES**: ○ Under-active ○ Over-active ○ Other	○ No ○ Yes →	/
x. Peptic ulcer	○ No ○ Yes →	/
y. Cirrhosis of the liver or other severe liver disease	○ No ○ Yes →	/
z. Colon or rectal polyps	○ No ○ Yes →	/

continue question 6 on next page

Please use a ball-point pen to complete the form.

6. IN THE PAST YEAR, have you been **NEWLY DIAGNOSED** with any of the following?

		Month / Year of diagnosis:
aa. Parkinson's disease	○ No ○ Yes →	☐☐ / ☐☐
bb. Macular degeneration	○ No ○ Yes →	☐☐ / ☐☐
cc. Glaucoma	○ No ○ Yes →	☐☐ / ☐☐
dd. Cataract	○ No ○ Yes →	☐☐ / ☐☐
ee. Cataract surgery	○ No ○ Yes →	☐☐ / ☐☐
ff. Retinal "pucker", tear, detachment, or any retinal surgery	○ No ○ Yes →	☐☐ / ☐☐
gg. Periodontal disease (gum disease)	○ No ○ Yes →	☐☐ / ☐☐
IF YES, how many teeth have you lost? ○ None ○ 1-2 ○ 3-4 ○ 5-8 ○ 9-15 ○ 16 or more		
hh. Intermittent claudication (pain in legs while walking due to blocked arteries)	○ No ○ Yes →	☐☐ / ☐☐
ii. Uterine fibroids (women only)	○ No ○ Yes →	☐☐ / ☐☐

7. Has a doctor or another healthcare professional diagnosed you as having had or probably having had the coronavirus (COVID-19)?

○ No ○ Yes ○ Not Sure

IF YES: **a.** Please provide date (Month/Year) of diagnosis: ☐☐ / ☐☐ (month / year)

b. Was this confirmed by a COVID-19 test? ○ No ○ Yes

c. What kind of test(s) did you have? Mark all that apply.

- ○ Nasal swab (testing for presence of the virus)
- ○ Saliva test (testing for presence of the virus or for antibodies/immune response)
- ○ Throat swab (testing for presence of the virus)
- ○ Blood test (testing for antibodies, immune response)

d. Which test(s) came back positive? Mark all that apply.

- ○ None of the tests
- ○ Nasal swab
- ○ Saliva test
- ○ Throat swab
- ○ Blood test

e. Were you hospitalized? ○ No ○ Yes

f. Did you require treatment in an Intensive Care Unit (ICU)? ○ No ○ Yes

8. When was your last eye exam?

○ Less than 1 year ago ○ 1-2 yrs. ago ○ 3-5 yrs. ago ○ More than 5 yrs. ago ○ Never had an eye exam

9. IN THE PAST YEAR, have you experienced any of the following?

a. Stomach upset or pain	○ No	○ Yes
b. Nausea	○ No	○ Yes
c. Constipation	○ No	○ Yes
d. Diarrhea	○ No	○ Yes
e. Skin rash	○ No	○ Yes
f. Skin discoloration	○ No	○ Yes
g. Fatigue or drowsiness	○ No	○ Yes
h. Flu-like symptoms	○ No	○ Yes
i. Dizziness	○ No	○ Yes
IF YES: When you rise from bed?	○ No	○ Yes
When you rise from a chair?	○ No	○ Yes

j. Frequent nosebleeds	○ No	○ Yes
k. Easy bruising	○ No	○ Yes
l. Blood in urine	○ No	○ Yes
m. Gastro-intestinal bleeding	○ No	○ Yes
IF YES: Did you have a blood transfusion?	○ No	○ Yes
Were you hospitalized?	○ No	○ Yes
n. Migraine	○ No	○ Yes
o. Other headaches	○ No	○ Yes
p. Lightheadedness	○ No	○ Yes
IF YES: When you rise from bed?	○ No	○ Yes
When you rise from a chair?	○ No	○ Yes

10. Do you currently smoke cigarettes?

○ No ○ Yes

If a current smoker, on average, how many cigarettes **per day** do you smoke? (1 pack = 20 cigs.)

○ Less than 5 ○ 5-14 ○ 15-24 ○ 25-34 ○ 35-44 ○ 45 or more ○ Not a current smoker

11. IN THE PAST YEAR, have you had an unintentional fall (coming to rest on the ground, floor, or lower surface)?

○ No ○ Yes → **IF YES**, please answer each of the following questions:

a. Number of falls	○ 1 ○ 2 ○ 3 ○ 4 ○ 5 or more
b. How many of these falls caused an injury and limited your regular activity for at least a day or made you see a doctor?	○ None ○ 1 ○ 2 ○ 3 ○ 4 ○ 5 or more
c. Were you evaluated by a health care provider or admitted to the hospital following any of the injuries?	○ No ○ Yes

12. IN THE PAST YEAR, has a doctor or other health care provider told you that you had broken a bone?

○ No
○ Yes →

a. Which bone(s)? Mark all that apply. ○ Knee ○ Pelvis ○ Hip ○ Upper leg (other than hip or pelvis) ○ Forearm/wrist ○ Upper arm/shoulder ○ Spine

○ Other:_____

b. Please provide the date (month/year) when the break occurred: ☐☐ / ☐☐ (month / year)

Please use a ball-point pen to complete the form.

13. Are you **CURRENTLY** taking any of the following medications regularly?
Include both over-the-counter and prescription drugs.

a. Drugs for bone loss (Mark all that apply)

- O Fosamax (alendronate)
- O Prolia (denosumab)
- O Boniva (ibandronate)
- O Evista (raloxifene)
- O Tymlos (abaloparatide injection)
- O Forteo (teriparatide injection)
- O Pamidronate
- O Reclast or zometa (zoledronic acid)
- O Actonel (risedronate)
- O Miacalcin or Fortical (calcitonin-salmon)
- O Evenity (romosozumab)
- O Other medication not listed
- O None of these medications

b. Diabetes medications (Mark all that apply)

- O Insulin injections
- O Glucophage (metformin)
- O Jardiance
- O Invokana
- O Non-insulin injections (Examples: exenatide, Byetta, Trulicity, Victoza)
- O Sulfonylurea (Examples: Glucotrol (glipizide), glimepiride, chlorpropamide)
- O Other oral drugs (Examples: Avandia, Prandin, Januvia, Starlix, Actos)
- O None of these medications

14. Are you **CURRENTLY** taking **any** of the following medications regularly?
Include both over-the-counter and prescription drugs.

a. Aspirin (Examples: Bayer, Bufferin, Anacin, Excedrin) **IF YES**, how many days did you take it in the past month? O 1-3 days O 4-10 days O 11-20 days O more than 20 days	O No O Yes
b. Nonsteroidal anti-inflammatory drugs (NSAIDs) (Examples: ibuprofen, Advil, Motrin, Nuprin, naproxen, Naprosyn, Aleve)	O No O Yes
c. Antiplatelet medications (Examples: clopidogrel, Plavix, prasugrel, Effient, ticagrelor, Brilinta, Zontivity)	O No O Yes
d. Anti-coagulant drugs (Examples: warfarin, Coumadin, heparin, dabigatran, Pradaxa, rivaroxaban, Xarelto, Savaysa, Eliquis, Lovenox)	O No O Yes
e. Corticosteroids or prednisone	O No O Yes
f. Statin drugs to lower cholesterol (Examples: Lipitor, Zocor, Mevacor, Pravachol, Crestor)	O No O Yes
g. Non-statin drugs to lower cholesterol (Examples: niacin, Lopid, Questran, Colestid, Zetia, Praluent, Repatha)	O No O Yes
h. Thyroid hormones (Examples: levothyroxine, Synthroid, Levoxyl, Levothroid)	O No O Yes
i. Aromatase inhibitors (Examples: Arimidex, Aromasin, Femara)	O No O Yes
j. Calcitriol (Examples: Rocaltrol, Calcijex, Vectical or Paricalcitol, Zemplar)	O No O Yes
k. Estrogen, alone or with progestin (do NOT include vaginal estrogen)	O No O Yes
l. Tamoxifen (Examples: Nolvadex, Soltamox)	O No O Yes

Please use a ball-point pen to complete the form.

15. Have you used any of the following devices for the purpose of health and activity tracking in the last year?

Device	Ever used/worn in last year?	How often have you worn/used in last year?
a. Wearable activity or fitness tracker (e.g., Fitbit, Apple Watch, Garmin, Samsung, Oura ring)	○ No ○ Yes →	○ Some of the time ○ Most or all of the time
b. Home-based blood pressure monitor (Omron Evolv, ParaMed Digital Blood Pressure monitor)	○ No ○ Yes →	○ Some of the time ○ Most or all of the time
c. Continuous glucose monitor (e.g., Medtronic Guardian, Dexcom)	○ No ○ Yes →	○ Some of the time ○ Most or all of the time

16. If you currently use a device listed above, would you be willing to share your data for a future study?
○ No ○ Yes

17. Would you be interested in receiving a device and wearing it as part of a future study?
○ No ○ Yes

18. Are you **CURRENTLY** taking any medications for high blood pressure?
○ No ○ Yes

19. Please indicate if you are **CURRENTLY** taking any of the medications listed below, and the reason for use.

	For high blood pressure	For other reasons or not sure	Not taking this
a. Beta-blockers (Examples: atenolol, metoprolol)	○	○	○
b. Calcium channel blockers (Examples: amlodipine, diltiazem)	○	○	○
c. Thiazide diuretics (Examples: hydrochlorothiazide, chlorthalidone, Moduretic, Dyazide, indapamide)	○	○	○
d. Loop diuretics (Examples: furosemide, Lasix, torsemide, Bumex, ethacrynic acid)	○	○	○
e. ACE-inhibitors (Examples: lisinopril, enalapril)	○	○	○
f. Angiotensin receptor blockers (Examples: valsartan, irbesartan, Entresto)	○	○	○
g. Aldosterone receptor blockers (Examples: spironolactone, eplerenone)	○	○	○
h. Alpha-blockers (Examples: terazosin, doxazosin)	○	○	○

20. Blood pressure is represented as two numbers, an **UPPER NUMBER** (systolic) and a **LOWER NUMBER** (diastolic). For example, a systolic blood pressure of 110 and diastolic blood pressure of 70 is written as 110/70.

Do you know your **most recent** blood pressure measurement?
○ No ○ Yes

IF YES: Please mark the bubbles below that best match your most recent blood pressure measurement. Mark only one bubble for **UPPER** and one bubble for **LOWER**.

a. UPPER BLOOD PRESSURE NUMBER (systolic):

○ less than 110	○ 130-139	○ 160-169
○ 110-119	○ 140-149	○ 170-179
○ 120-129	○ 150-159	○ 180 or higher

b. LOWER BLOOD PRESSURE NUMBER (diastolic):

○ less than 65	○ 75-79	○ 90-94
○ 65-69	○ 80-84	○ 95-99
○ 70-74	○ 85-89	○ 100 or higher

Please use a ball-point pen to complete the form.

21. During the past year, what was your approximate average time per week spent at each of the following recreational activities? Mark one answer on each line.

	AVERAGE TIME PER WEEK							
	Zero	1-19 min.	20-59 min.	1 hour	1.5 hours	2-3 hours	4-6 hours	7+ hours
a. Walking or hiking (include walking to work)	○	○	○	○	○	○	○	○
b. Jogging (slower than 10 minute miles)	○	○	○	○	○	○	○	○
c. Running (10 minute miles or faster)	○	○	○	○	○	○	○	○
d. Bicycling (include stationary bike)	○	○	○	○	○	○	○	○
e. Aerobic exercise/aerobic dance/exercise machines	○	○	○	○	○	○	○	○
f. Lower intensity exercise/yoga/stretching/toning	○	○	○	○	○	○	○	○
g. Tennis, squash, or racquetball	○	○	○	○	○	○	○	○
h. Lap swimming	○	○	○	○	○	○	○	○
i. Weight lifting/strength training	○	○	○	○	○	○	○	○
j. Other (Specify activity:_____)	○	○	○	○	○	○	○	○

22. On average, how many flights of stairs (one flight is typically 10 steps) do you climb daily?

○ None ○ 1-2 flights ○ 3-4 flights ○ 5-9 flights ○ 10-14 flights ○ 15 or more flights

23. What is your usual walking pace outdoors?

○ Don't walk regularly ○ Easy, casual (less than 2 mph) ○ Normal, average (2-2.9 mph)

○ Brisk pace (3-3.9 mph) ○ Very brisk/striding (4 mph or faster)

24. How much help (if any) do you need to do the following routine activities for yourself? Help is defined as getting assistance from another person or using a device.

	By myself without help	With some help	Unable to do this myself
a. Can you take a bath or shower?	○	○	○
b. Can you dress and undress yourself?	○	○	○
c. Can you use the toilet by yourself?	○	○	○
d. Can you get in and out of bed by yourself?	○	○	○
e. Can you feed yourself?	○	○	○

25. Fill in the circle for each question that best fits your **CURRENT** ability level compared to the **START OF THE TRIAL**.

	Better	No change	Minimally worse	Noticeably worse	Much worse
a. Recalling information when I really try	○	○	○	○	○
b. Remembering names and faces of new people I meet	○	○	○	○	○
c. Remembering things that have happened recently	○	○	○	○	○
d. Recalling conversations a few days later	○	○	○	○	○

Please use a ball-point pen to complete the form.

26. In the **PAST YEAR**, has your memory changed?

O No O Yes

IF YES, which best describes the change? O My memory is BETTER

O My memory is WORSE but this does not worry me

O My memory is WORSE and this worries me

27. In the **PAST YEAR**, have you had a diagnosis of depression?

O No O Yes

IF YES, have you regularly taken medicine or had counseling for depression?

O No O Yes

28. How much do you currently weigh without your shoes on? ☐☐☐ pounds

29. In the **PAST YEAR**, did you lose five (5) or more pounds?

O No O Yes

IF YES, was this weight loss on purpose?

O No O Yes

30. We would like to know how good or bad your health is today. The scale below is numbered from 0 (the worst health you can imagine) to 10 (the best health you can imagine).

Fill in one bubble below to indicate how your health is today.

Worst O 0 O 1 O 2 O 3 O 4 O 5 O 6 O 7 O 8 O 9 O 10 **Best**

31. The following information assists us in classifying our study population and is considered **OPTIONAL.** Which of these income ranges represents your **TOTAL** household income in the past year?

O Under $15,000 O $15,000 to 29,999 O $30,000 to 49,999 O $50,000 to 69,999

O $70,000 to 89,999 O $90,000 to 120,000 O over $120,000

■ Last 4 digits of your social security number: (for identification purposes **ONLY**) XXX-XX - ☐☐☐☐

■ Please provide your phone numbers and/or email in the event that we need to contact you. Thanks!

HOME PHONE (☐☐☐) ☐☐☐ - ☐☐☐☐

CELL PHONE (☐☐☐) ☐☐☐ - ☐☐☐☐

WORK PHONE (☐☐☐) ☐☐☐ - ☐☐☐☐

■ This is the email address that we have on file for you. **If the email is incorrect, please provide your correct email address below.**

■ Email address: _____

■ Corrected Email address: _____

■ What is your preferred contact? O Home phone O Cell phone O Work phone O Email