**Appendix. VA Frailty Index Variables**

|  |  |  |
| --- | --- | --- |
| **Morbidity:** | 17 | Fall or Fall related diagnoses |
| 1 | Anemia | 18 | Fatigue |
| 2 | Atrial Fibrillation | 19 | Gait Abnormality  |
| 3 | Cancer (except basal cell skin cancer) | 20 | Parkinson’s Disease or Tremor Disorders |
| 4 | Cerebrovascular disease | 21 | Peripheral vascular disease  |
| 5 | Coronary Artery Disease | 22 | Muscular wasting |
| 6 | Diabetes | **Sensory Loss:** |
| 7 | Heart Failure  | 23 | Hearing Impairment/Aid |
| 8 | Hypertension | 24 | Peripheral Neuropathy |
| 9 | Kidney Disease | 25 | Vision Impairment |
| 10 | Liver Disease or Cirrhosis | **Cognition and Mood:** |
| 11 | Lung disease | 26 | Dementias  |
| 12 | Thyroid Disease | 27 | Anxiety |
| 13 | Osteoporosis or pathological fracture | 28 | Mood Disorders |
| 14 | Incontinence | **Other:** |
| **Function:** | 29 | Chronic Pain |
| 15 | Arthritis  | 30 | Failure to thrive |
| 16 | Use of Durable Medical Equipment | 31 | Weight loss in the past year |

**Supplementary Table 1: Comparisons between Non-Responders and Responders**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Non-Responders****(n = 4,164, 79.5%)** | **Responders** **(n = 1,073, 19.8%)** | **All** **(n = 5,432†, 100%)** | **p-value** |
| Age, mean (SD)\* | 65.4 (9.2) | 67.1 (9.1) | 65.8 (9.2) | <.001 |
| Males, n (%) | 3,933 (94.5) | 1,015 (94.6) | 4,948 (94.5) | .856 |
| Caucasian, n (%) | 1,748 (42.0) | 577 (53.8) | 2,325 (44.4) | <.001 |
| Non-Hispanic, n (%) | 3,076 (74.4) | 747 (70.1) | 3,823 (73.5) | .010 |
| Married, n (%) | 1,556 (37.4) | 487 (45.4) | 2,043 (39.0) | <.001 |
| Frail, n (%) | 1,445 (34.7) | 394 (36.7) | 1,839 (35.1) | 0.217 |

\*Non-normal distribution. Mann-Whitney U test was used for group comparisons. †The total number of mailings was 5,432. Patients with a diagnosis of dementia on baseline where excluded: 21 (responders) and 153 (non-responders). There was a total of 21 patients with missing data.