

Table S1. 43-item Frailty Index.

	Items	Quantification and Scoring
Self-reported	1.Had thyroid condition 2.Had cancer or malignancy 3.Had arthritis 4.Had chronic bronchitis 5.Had weak/failing kidneys 6.Experience confusion/memory problems 7.Physical, mental, emotional limitations	0: No 1: Yes
	8.Managing money difficulty 9.Stooping, crouching, kneeling difficulty 10.Lifting or carrying difficulty 11.Preparing meals difficulty 12.Walking between rooms on same floor 13.Standing up from armless chair difficulty 14.Getting in and out of bed difficulty 15.Using fork, knife, drinking from cup 16.Dressing yourself difficulty 17.Grasp/holding small objects difficulty 18.Attending social event difficulty	0: No difficulty 0.33: Some difficulty 0.67: Much difficulty 1: Unable to do
	19.General health condition	0: Excellent 0.25: Very good 0.5: Good 0.75: Fair 1: Poor
	20.Health now compared with 1 year ago	0: Better 0.5: About the same 1: Worse
	21.Times receive healthcare over past year	0: None 0.2: 1 time 0.4: 2-3 times 0.6: 4-9 times 0.8: 10-12 times 1: 13 times or more
	22.Overnight hospital patient in last	0: No

	year	1: Yes
	23.times overnight hospital patient/last year	0: None 0.17: 1 time 0.33: 2 times 0.5: 3 times 0.67: 4 times 0.83: 5 times 1: 6 times or more
	24.Taken prescription medicine, past month	0: No 1: Yes
Lab items (normal range)	25.Mean cell volume (80-96 fL)	0: Normal range 1: Out of normal range
	26.Platelet count (150,000-450,000 cells/ μ L)	
	27.Red cell distribution width ($\leq$ 14.6%)	
	28.Hemoglobin (M: 13.5-18, F: 12-16 g/dL)	
	29.Sodium (135-145 mmol/L)	
	30.Blood urea nitrogen (3-20 mg/dL)	
	31.Bicarbonate ($\leq$ 28 mmol/L)	
	32.Lactate dehydrogenase ($\leq$ 190 U/L)	
	33.Alkaline phosphatase ($\leq$ 115 U/L)	
	34.Uric acid (M: 240-510, F: 160-430 μ mol/L)	
	35.Total calcium (2-2.5 mmol/L)	
	36.Creatinine (M: 60-110, F: 45-90 μ mol/L)	

M male, F female