



Ivabradine or Placebo Participant Schedule

Keep this schedule in a safe place so you can refer to it throughout the study.

STUDY ACTIVITIES: About 6 months

Pre-Study Period (3 weeks)

<p>Baseline Visit (about 5.5 hours)</p> <p>Date:</p>	<p>Information</p> <ul style="list-style-type: none"> • Review current medicines • Review study requirements • After this visit, complete a survey about how you are feeling 	<p>Assessments</p> <ul style="list-style-type: none"> • Surveys • Blood sample • Nasal swab sample • Physical ability tests • Safety check • Pregnancy test, if needed • Autonomic nervous system function tests (only at specific sites) 	<p>Receive</p> <ul style="list-style-type: none"> • Study drug (ivabradine or placebo) • At-home stool (poop) sample kit • Fitness tracker <p>Coordinated non-drug care group</p> <ul style="list-style-type: none"> • Blood pressure and heart rate machine • Salt measurement spoons • Water bottle • Compression belt • Yoga mat • Latex stretch bands • Physical activity training guidelines • Weekly activity log <p>Usual non-drug care group</p> <ul style="list-style-type: none"> • Magnet with guidance on lifestyle and diet changes
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Study Treatment Period (3 months)

<p>Begin the Study Drug</p>	<ul style="list-style-type: none"> • Take the study drug by mouth every day for 3 months. • Your dose of the study drug may be changed if needed based on your heart rate at the 1-month clinic visit.
<p>Begin Coordinated Non-Drug Care, If Assigned</p>	<ul style="list-style-type: none"> • If you are in this group, you will be asked to complete a non-drug care log to record your activities at the end of each week. • Activities include checking your blood pressure and heart rate, eating salt, drinking water, wearing a compression belt, and completing physical activities. • A care coordinator will contact you once a week for 3 months to provide support on these activities.

Study Treatment Period (3 months), continued

1-month Clinic Visit (about 1.5 hours) Date:	Information <ul style="list-style-type: none">• Review medicines• Review how consistently you have taken the study drug• After this visit, complete a survey about how you are feeling	Assessments <ul style="list-style-type: none">• Surveys• Physical ability tests• Safety check
3-month End of Treatment Visit (about 2 hours) Date:	Information <ul style="list-style-type: none">• Review medicines• Review how consistently you have taken the study drug• After this visit, complete a survey about how you are feeling	Assessments <ul style="list-style-type: none">• Surveys• Physical ability tests• Blood sample• At-home stool (poop) sample kit• Safety check• Autonomic nervous system function tests (only at specific sites)
Follow-Up: End of Study (3 months later)		
6-month End of Study Visit (about 2 hours) Date:	Information <ul style="list-style-type: none">• Review medicines• After this visit, complete a survey about how you are feeling	Assessments <ul style="list-style-type: none">• Surveys• Physical ability tests• Blood sample• Safety check