Form 5500-SF

Department of the Treasury Internal Revenue Service

Department of Labor Employee Benefits Security Administration Pension Benefit Guaranty Corporation

Short Form Annual Return/Report of Small Employee Benefit Plan

This form is required to be filed under sections 104 and 4065 of the Employee Retirement Income Security Act of 1974 (ERISA), and section 6058(a) of the Internal Revenue Code (the Code).

OMB Nos. 1210-0110 1210-0089

2009

This Form is Open to Public Inspection

Р	ension Benefit Guaranty Corporation	▶ Complete all entries in acco	rdance wit	h the instructions to the Form 550	0-SF.						
	Part I Annual Report Identification Information										
For	For calendar plan year 2009 or fiscal plan year beginning 01/01/2009 and ending 12/01/2009										
Α.	his return/report is for:	single-employer plan	multiple-e	employer plan (not multiemployer)		one-participa	nt plan				
В.	his return/report is for:	first return/report	final retur	n/report		_					
_		an amended return/report	short plar	year return/report (less than 12 mo	nths)						
<u> </u>	片	·	-	• •		□ DEVC progra					
C		Form 5558	_	extension	☐ DFVC program						
r	special extension (enter description)										
Pa	rt II Basic Plan Informa	ition —enter all requested inforr	nation								
	Name of plan				1b	Three-digit	1				
AHC	401K PROFIT SHARING PLAN					plan number	001				
					10	(PN)	<u> </u>				
					10	Effective date of 01/01/2					
2a	Plan sponsor's name and address	s (employer if for single-employe	r nlan)		2h	Employer Identif					
	VE HEALTH CHIROPRACTIC, PC	,	i piari)			7673					
					2c	(EIN) 91-2087673 2c Plan sponsor's telephone number					
	2 NE 20TH AVENUE					360-574					
VANO	COUVER, WA 98686				2d	Business code (
20	Diagram and an instruction of a second and	duese (if some se Dies some	t "C	- "\	2 h	621310 Administrator's E					
	Plan administrator's name and adverse HEALTH CHIROPRACTIC, PC				30	91-2087					
		VANCOUVE			3c		elephone number	r			
							4-5944				
	the name and/or EIN of the plan s			port filed for this plan, enter the	4b EIN						
-	name, EIN, and the plan number from the last return/report. Sponsor's name						4c PN				
52	Total number of participants at the	a basinning of the plan year									
					5a						
b	·	• •			5b			0			
С	Total number of participants with				5c		,	0			
60	·			(Coo instructions)	•						
	Were all of the plan's assets during the plan year invested in eligible assets? (See instructions.) No President in the plan's assets during the plan year invested in eligible assets? (See instructions.) No President invested in eligible assets? (See instructions.) No President invested in eligible assets? (See instructions.) No President invested in eligible assets? (See instructions.)										
b								10			
				SF and must instead use Form 55							
Pa	rt III Financial Informati	on									
7	Plan Assets and Liabilities			(a) Beginning of Year		(b) End	of Year				
а	Total plan assets		7a	27415	5						
b	Total plan liabilities		7b	220	6						
С	Net plan assets (subtract line 7b f	from line 7a)	7с	273929	9		1	0			
8	Income, Expenses, and Transfers			(a) Amount		(b) Total					
а	Contributions received or receival			(a) runo ant		(3)	<u> </u>				
	(1) Employers		8a(1)	()						
	(2) Participants)						
	(3) Others (including rollovers)					0					
b	Other income (loss)	ner income (loss)									
С	Total income (add lines 8a(1), 8a	(2), 8a(3), and 8b)	8c				-223	4			
d	Benefits paid (including direct roll										
	to provide benefits)	·	8d	27169	5						
е	Certain deemed and/or corrective	Certain deemed and/or corrective distributions (see instructions) 8e			0						
f	Administrative service providers ((salaries, fees, commissions)	8f	()						
g	Other expenses		8g	()						
h	Total expenses (add lines 8d, 8e,	8f, and 8g)					27169	5			
i	Net income (loss) (subtract line 8l						-27392	9			
i	Transfers to (from) the plan (see i			0							

Part IV	Plan Characteristics	

9a If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions: 2E 2F 2G 2J 2K 3D

art	V Compliance Questions							
0	During the plan year:		Yes	No		Ar	nount	
а	Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)			X				
b	Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)	10b		X				
С	Was the plan covered by a fidelity bond?							
d	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?							
е	Were any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service or other organization that provides some or all of the benefits under the plan? (See instructions.)							366
f	Has the plan failed to provide any benefit when due under the plan?			X				
g	Did the plan have any participant loans? (If "Yes," enter amount as of year end.)	10g		Χ				
h	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	10h		Х				
i	If 10h was answered "Yes," check the box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3							
art	VI Pension Funding Compliance							
1	Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and complete Schedule SB (Form 5500))							
2	Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or section 302 of ERISA? Yes X No							
	(If "Yes," complete 12a or 12b, 12c, 12d, and 12e below, as applicable.) If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instruction granting the waiver. Mont tou completed line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13.							
b	b Enter the minimum required contribution for this plan year							
С	Enter the amount contributed by the employer to the plan for this plan year			12c				
d	Subtract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left of a negative amount)							
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?				Yes		No	N/A
art	VII Plan Terminations and Transfers of Assets							
3а	Has a resolution to terminate the plan been adopted during the plan year or any prior year? Yes						No	
	If "Yes," enter the amount of any plan assets that reverted to the employer this year						0	
b	Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the control of the PBGC?							
С	If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the which assets or liabilities were transferred. (See instructions.)	e pla	n(s) to					
1	3c(1) Name of plan(s):		130	(2) EIN	۷(s)	_	13c(3) PN(s)
						_		
:auti	on: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonable	e cai	isa is	establi	shed			
Jnde SB oi	r penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/r. Schedule MB completed and signed by an enrolled actuary, as well as the electronic version of this return/r., it is true, correct, and complete.	rn/rep	ort, in	cluding	ı, if appli			

SIGN	Filed with authorized/valid electronic signature.	06/10/2010	PAUL REED					
HERE	Signature of plan administrator	Date	Enter name of individual signing as plan administrator					
SIGN								
HERE	Signature of employer/plan sponsor	Date	Enter name of individual signing as employer or plan sponsor					