For	m 5500-SF	Short Form Annual Re	yee	OMB Nos. 1210-011 1210-008					
Department of the Treasury Internal Revenue Service		Benefit Plan This form is required to be filed under sections 104 and 4065 of the Employe			е	2013			
	partment of Labor enefits Security Administration	Retirement Income Security Act of 1974 (ERISA), and sections 6057(b) and 6058 the Internal Revenue Code (the Code).				This Form is Open to Public			
Pension Be	nefit Guaranty Corporation	Complete all entries in accord	ance with the instruc	tions to the Form 550	Inspection 0-SF.				
Part I Annual Report Identification Information									
For calendar plan year 2013 or fiscal plan year beginning 01/01/2013 and ending 12/31/2013									
A This ret	urn/report is for:	X a single-employer plan	a multiple-employer pl	an (not multiemployer)) a one-participant plan				
B This ret	urn/report is:	the first return/report	the final return/report						
	box if filing under:	an amended return/report a short plan year return/report (less than 12 m Form 5558 automatic extension)			
C Check I						DFVC program			
special extension (enter description)									
Part II		mation—enter all requested informa	tion						
1a Name	of plan M INTERNAL MEDICIN				16	Three-digit plan number			
DELLINGHA		E 401(K) FLAN			(PN) ▶ 001				
					1c	Effective date of plan			
					_	01/01/2008			
	consor's name and addr	ess; include room or suite number (en E ASSOCIATES, PC	nployer, if for a single-	employer plan)	2b	Employer Identification Number (EIN) 20-5035562			
1050 LARR	ABEE AVE., SUITE 102				2c	Sponsor's telephone number 360-752-2956			
BELLINGHA	M, WA 98225				2d	Business code (see instructions) 621111			
3a Plan a	dministrator's name and	address XSame as Plan Sponsor Na	ame Same as Plan	Sponsor Address	3b Administrator's EIN				
		—	_		3c Administrator's telephone number				
name	EIN, and the plan numb	olan sponsor has changed since the la per from the last return/report.	st return/report filed fo	or this plan, enter the		EIN			
a Spons					4c PN				
_		t the beginning of the plan year			5a	10			
b Total number of participants at the end of the plan year					5b	6			
C Number of participants with account balances as of the end of the plan year (defined benefit plans do not complete this item).					5c	6			
	all of the plan's assets of								
		ne annual examination and report of a See instructions on waiver eligibility a							
If you answered "No" to either line 6a or line 6b, the plan cannot use Form 5500-SF and must instead use Form 5500.									
C If the plan is a defined benefit plan, is it covered under the PBGC insurance program (see ERISA section 4021)? Yes No Not determined									
Caution: A	penalty for the late or	incomplete filing of this return/rep	ort will be assessed u	unless reasonable cau	ise is	established.			
Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including, if applicable, a Schedule SB or Schedule MB completed and signed by an enrolled actuary, as well as the electronic version of this return/report, and to the best of my knowledge and belief, it is true, correct, and complete.									
SIGN	Filed with authorized/va	ilid electronic signature.	05/12/2014	SHERRIE KAHN					
HERE	Signature of plan adr	ninistrator	Date	Enter name of individ	idual signing as plan administrator				
SIGN									
HERE	Signature of employe	er/plan sponsor	Date	Enter name of individ	ual sic	ning as employer or plan sponsor			
Preparer's		ne, if applicable) and address; include		-	_	parer's telephone number (optional)			

7 Plan Assets and Liabilities									
		(a) Beginning of Year			(b) End of Year				
a Total plan assets	7a	34849	2		485955				
b Total plan liabilities	7b	0			133				
C Net plan assets (subtract line 7b from line 7a)	7c	348492			485822				
8 Income, Expenses, and Transfers for this Plan Year		(a) Amount			(b) Total				
a Contributions received or receivable from:		10528							
(1) Employers	8a(1)	55320							
(2) Participants	8a(2)	00020							
(3) Others (including rollovers)	8a(3)	71482							
b Other income (loss)	8b	11402			137330				
 C Total income (add lines 8a(1), 8a(2), 8a(3), and 8b) d Benefits paid (including direct rollovers and insurance premiums 	8c			_			137330		
to provide benefits)	8d								
e Certain deemed and/or corrective distributions (see instructions)	8e								
f Administrative service providers (salaries, fees, commissions)	8f								
g Other expenses	8g								
h Total expenses (add lines 8d, 8e, 8f, and 8g)	8h					0			
i Net income (loss) (subtract line 8h from line 8c)	8i						137330		
j Transfers to (from) the plan (see instructions)	8j								
Part IV Plan Characteristics									
Part V Compliance Questions									
10 During the plan year:				Yes	No	Amount			
a 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)									
	ciary Correc		10a		Х				
b Were there any nonexempt transactions with any party-in-interest? on line 10a.)	? (Do not inc	tion Program) lude transactions reported	10a 10b		x x				
	? (Do not inc	tion Program) lude transactions reported		X				30000	
on line 10a.)	? (Do not inc	tion Program) lude transactions reported 	10b	X				30000	
 on line 10a.) c 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? 	? (Do not inc fidelity bond, er persons b of the benefi	tion Program) lude transactions reported that was caused by fraud that was caused by fraud y an insurance carrier, ts under the plan? (See	10b 10c	x	Х			30000	
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C	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)	12d						
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?		Yes	No N/A				
Part VII Plan Terminations and Transfers of Assets								
13a	Has a resolution to terminate the plan been adopted in any plan year?	Ye	es X No					
	If "Yes," enter the amount of any plan assets that reverted to the employer this year	13a						
b	Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the c of the PBGC?	ontrol		Yes X No				
C If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the plan(s) to which assets or liabilities were transferred. (See instructions.)								
1	3c(1) Name of plan(s): 13	8 c(2) EIN	l(s)	13c(3) PN(s)				
Part	VIII Trust Information (optional)		1					
14a	lame of trust	14b Trust's EIN						