Form 5500-SF

Department of Labor Employee Benefits Security Administration Pension Benefit Guaranty Corporation

Annual Report Identification Information

Benefit Plan Department of the Treasury Internal Revenue Service

This form is required to be filed under sections 104 and 4065 of the Employee Retirement Income Security Act of 1974 (ERISA), and sections 6057(b) and 6058(a) of the Internal Revenue Code (the Code).

Short Form Annual Return/Report of Small Employee

▶ Complete all entries in accordance with the instructions to the Form 5500-SF.

OMB Nos. 1210-0110 1210-0089

2016

This Form is Open to **Public Inspection**

For calend	ali pian year 2016 or	inscar plan year beginning 61/61/2			2/31/2010			
A Th:	. t	a single-employer plan		plan (not multiemployer) (employer information in ac	`			
A miste	eturn/report is for:	a one-participant plan	a foreign plan	employer illionnation ill at	cordance with the form	ilistructions.)		
R This rot	turn/report is	the first return/report	the final return/repo	t				
D IIIIS IEI	turr/report is	an amended return/report	H	· urn/report (less than 12 m	nonths)			
C Check	box if filing under:	Form 5558	automatic extensio		DFVC program			
		special extension (enter desc	ription)					
Part II	Basic Plan Inf	ormation—enter all requested in	formation					
1a Name	of plan	·			1b Three-digit			
PERFECT E	BALANCE WELLNES	S, INC. DEFINED BENEFIT PLAN			plan number	001		
					(PN)			
					1c Effective date of 01/01	•		
		oyer, if for a single-employer plan)			2b Employer Identif			
	ig address (include ro ir town, state or provir	structions)	(=::+)	04002				
	BALANCE WELLNES	,	2c Sponsor's teleph					
			2d Business code (s					
618 N YAKII	MA AVE	618 N YA	KIMA AVE		6213°	,		
TACOMA, V	VA 98403-2418	TACOMA	, WA 98403-2418		0213	10		
3a Plan a	administrator's name	and address X Same as Plan Spo	nsor.		3b Administrator's E	EIN		
					3c Administrator's to	elephone number		
					7 tarrimotrator 5 to			
4 If the	name and/or EIN of t	he plan sponsor has changed since	the last return/report file	d for this plan, enter the	4b EIN			
	e, EIN, and the plan n sor's name	umber from the last return/report.			4c PN			
5a Total	number of participant	s at the beginning of the plan year.			5a			
_		is at the end of the plan year			5b	2		
C Numb	per of participants with	n account balances as of the end of	the plan year (only defin	ed contribution plans	5c			
	,	articipants at the beginning of the pl			5d(1)	2		
			-		5d(2)			
		earticipants at the end of the plan ye at terminated employment during the						
					5e	С		
		or incomplete filing of this return						
SB or Sch		other penalties set forth in the instru- and signed by an enrolled actuary, a						
SIGN		d/valid electronic signature.	09/07/2017	JAMES DEVINE				
HERE	Signature of plan		Date	Enter name of individ	lual signing as plan adn	ninietrator		
SIGN	<u> </u>	d/valid electronic signature.	Date 09/07/2017	JAMES DEVINE	iuai siyiiiiy as piali düll	mnouatUI		
HERE					lual aigning on amplaus			
Preparer's		loyer/plan sponsor name, if applicable) and address (in	Date nclude room or suite nun		lual signing as employe Preparer's telephone			
.,	3			,				
I								

Form 5500-SF 2016 Page **2**

	Were all of the plan's assets during the plan year invested in eligib Are you claiming a waiver of the annual examination and report of under 29 CFR 2520.104-46? (See instructions on waiver eligibility If you answered "No" to either line 6a or line 6b, the plan cann	an indepe and condi	ndent qualified public a	ccount	ant (IC	PA)				′es No ′es No
С	If the plan is a defined benefit plan, is it covered under the PBGC in					_		_	Not d	letermined
Pai	t III Financial Information		·							
	Plan Assets and Liabilities		(a) Beginning (((b) End	of Year	
	Total plan assets	7a		200710					4426	
	Total plan liabilities	7b		0		0				
	Net plan assets (subtract line 7b from line 7a)	7c		200710					4426	083
8	Income, Expenses, and Transfers for this Plan Year		(a) Amoun	(a) Amount				(b) T	otal	
а	Contributions received or receivable from: (1) Employers	8a(1)	:	236000						
	(2) Participants	8a(2)								
	(3) Others (including rollovers)	8a(3)								
b	Other income (loss)	8b		5973						
С	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c							2419	973
d	Benefits paid (including direct rollovers and insurance premiums to provide benefits)	8d								
е	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								
i	Net income (loss) (subtract line 8h from line 8c)	8i							2419	973
j	Transfers to (from) the plan (see instructions)	8j								
Par	t IV Plan Characteristics									
9a	If the plan provides pension benefits, enter the applicable pension 1A	feature co	odes from the List of Pl	an Cha	racteri	stic Co	des in	the inst	ructions:	
b	If the plan provides welfare benefits, enter the applicable welfare for	eature cod	des from the List of Pla	n Chara	acterist	tic Cod	les in t	he instr	uctions:	
Par	t V Compliance Questions									
10	During the plan year:				Yes	No	N/A		Amou	nt
	Was there a failure to transmit to the plan any participant contribu	itions with	n the time period		100	140	14/7		Alliou	iii.
-	described in 29 CFR 2510.3-102? (See instructions and DOL's V	oluntary F	Fiduciary Correction	10a		X				
b	Were there any nonexempt transactions with any party-in-interest	t? (Do not	include transactions			X				
	reported on line 10a.)			10b 10c	X					50000
d	Did the plan have a loss, whether or not reimbursed by the plan's	fidelity bo	nd, that was caused			X				
е	carrier, insurance service, or other organization that provides som	ner person ne or all of	s by an insurance the benefits under	10d		X				
f	the plan? (See instructions.) Has the plan failed to provide any benefit when due under the pla			10e		X				
g	Did the plan have any participant loans? (If "Yes," enter amount a			10f 10g		X				
h	If this is an individual account plan, was there a blackout period?	(See instr	uctions and 29 CFR			X				
i	2520.101-3.) If 10h was answered "Yes," check the box if you either provided the exceptions to providing the notice applied under 29 CFR 2520.10	he require	d notice or one of the	10h 10i						
	, , , , , , , , , , , , , , , , , , , ,									

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Part	VI	Pension Funding Compliance						
11		s a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and c n 5500) and line 11a below)					X	'es No
	Ente	r the unpaid minimum required contributions for all years from Schedule SB (Form 5500) line 40			11a		•	0
12		is a defined contribution plan subject to the minimum funding requirements of section 412 of the Co A?					□\	′es X No
	(If "	es," complete line 12a or lines 12b, 12c, 12d, and 12e below, as applicable.)						
a		raiver of the minimum funding standard for a prior year is being amortized in this plan year, see ins ing the waiver		s, and	l enter t _ Day		of the lette Year _	r ruling
If	you c	ompleted line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line	13.	1		ī		
b	Enter	the minimum required contribution for this plan year			12b			
С	Enter	the amount contributed by the employer to the plan for this plan year			12c			
d		ract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the l tive amount)			12d			
		he 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	a resolution to terminate the plan been adopted in any plan year?				Yes	s X N	0
	If "Y€	es," enter the amount of any plan assets that reverted to the employer this year			13a			
b		e all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brougo ol of the PBGC?					Yes X	No
С		ring this plan year, any assets or liabilities were transferred from this plan to another plan(s), identinassets or liabilities were transferred. (See instructions.)	ify the pl	an(s)	to			
	13c(1)	Name of plan(s):	1	3c(2)	EIN(s)		13c(3) PN(s)
Part	VIII	Trust Information						
14a	Name	of trust			14b ⁻	Trust's E	EIN	
14c	Name	of trustee or custodian			14d Trustee's or custodian's telephone number			
Par	t IX	IRS Compliance Questions						
15a	Is the	plan a 401(k) plan? If "No," skip b		Yes			No	
		did the plan satisfy the nondiscrimination requirements for employee deferrals under section (3) for the plan year? Check all that apply:	L s		n-based arbor	d [Prior ye test	ear" ADP
			- □ "	Curre ADP t	ent year est	,,	N/A	
16a 		testing method was used to satisfy the coverage requirements under section 410(b) for the plan Check all that apply:	🗌	Ratio perce test	entage		verage enefit test	N/A
	for the	be plan satisfy the coverage and nondiscrimination requirements of sections 410(b) and 401(a)(4) be plan year by combining this plan with any other plan under the permissive aggregation rules?		Yes			No	
	the le							
	letter	plan is an individually-designed plan that received a favorable determination letter from the IRS, en/	nter the	date	of the m	nost rece	ent determi	nation
18	Were	ed Benefit Plan or Money Purchase Pension Plan Only: any distributions made during the plan year to an employee who attained age 62 and had not sepa e?		om	Ye	s [No	
19	Was	any plan participant a 5% owner who had attained at least age 70 $^{1\!\!/}_2$ during the prior plan year?			Ye	s	No	

SCHEDULE SB (Form 5500)

Department of the Treasury

Employee Benefits Security Administration Pension Benefit Guaranty Corporation

Internal Revenue Service Department of Labor

Single-Employer Defined Benefit Plan **Actuarial Information**

This schedule is required to be filed under section 104 of the Employee Retirement Income Security Act of 1974 (ERISA) and section 6059 of the Internal Revenue Code (the Code).

File as an attachment to Form 5500 or 5500-SF.

OMB No. 1210-0110

2016

This Form is Open to Public Inspection

Round off amounts to nearest dollar.					
▶ Caution: A penalty of \$1,000 will be assessed for late filing of this report unless reasonable cau	ica ic actablicha	4			
A Name of plan	1_				
PERFECT BALANCE WELLNESS, INC. DEFINED BENEFIT PLAN	B Three-digit plan number (PN) 001				
	piarriar	1001 (11	, ,		
C Plan sponsor's name as shown on line 2a of Form 5500 or 5500-SF	D Employer	Identific	ation Number (E	-IN)	
PERFECT BALANCE WELLNESS, INC.	- Employer		04002		
E Type of plan: ☐ Single ☐ Multiple-A ☐ Multiple-B ☐ F Prior year plan size: ☐	X 100 or fewer	101	-500 More th	an 500	
Part I Basic Information					
1 Enter the valuation date: Month 12 Day 31 Year 2016					
2 Assets:					
a Market value		2a		206683	
b Actuarial value		. 2b		206683	
Tanding target/participant count breakdown	Number of rticipants	(2) Ve	sted Funding Target	(3) Total Funding Target	
For retired participants and beneficiaries receiving payment	0		0	0	
b For terminated vested participants	1		1320	1320	
C For active participants	2		125416	209027	
d Total	3		126736	210347	
4 If the plan is in at-risk status, check the box and complete lines (a) and (b)					
a Funding target disregarding prescribed at-risk assumptions		4a			
b Funding target reflecting at-risk assumptions, but disregarding transition rule for plans that h status for fewer than five consecutive years and disregarding loading factor					
5 Effective interest rate		5		5.51 %	
6 Target normal cost		6		97334	
Statement by Enrolled Actuary					
To the best of my knowledge, the information supplied in this schedule and accompanying schedules, statements and attachment accordance with applicable law and regulations. In my opinion, each other assumption is reasonable (taking into account the experience under the plan.					
SIGN					
HERE Signature of actions			09/05/201	7	
Signature of actuary			Date		
MICHAEL FRANK Type or print name of actuary	_	Most	17-02440 recent enrollmer		
MICHAEL FRANK FSA		WOSt	212-567-14		
Firm name	Te	lephone	number (includ		
100 ARDEN STREET #5B NEW YORK, NY 10040		., .	()	3 ,	
Address of the firm	<u> </u>				
If the actuary has not fully reflected any regulation or ruling promulgated under the statute in complet	ing this schedule	e, check	the box and see	e [

age	2 -	1	
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D	art II	Rogir	ning of Voor	Carryov	ver and Prefunding Ba	lancos							
Г	מונוו	Degii	illing or Tear	Carryov	rei and Freitinding Da	lialices	1	(a) C	arryover baland	e.	(b)	Prefundi	ng balance
7		•	•		able adjustments (line 13 from			(α) ο	arryover balance	0	(5)	Toruna	0
0	· · · · · · · · · · · · · · · · · · ·												
8			•	-	nding requirement (line 35 fro					0			0
9	Amount	remainin	g (line 7 minus line	e 8)						0			0
10	Interest	on line 9	using prior year's	actual retu	rn of%								
11	Prior yea	ır's exces	s contributions to	be added	to prefunding balance:								
	a Preser	nt value c	of excess contribut	ions (line 3	38a from prior year)								0
					a over line 38b from prior yea								0
	b(2) Int	erest on l	line 38b from prior	vear Sche	edule SB, using prior year's a	ctual							0
				-									
	C Total a	vailable a	t beginning of curre	ent plan yea	ar to add to prefunding balance								0
	d Portio	n of (c) to	be added to pref	unding bala	ance								
12	Other re	ductions	in balances due to	elections	or deemed elections								
13	Balance	at beginr	ning of current yea	ır (line 9 +	line 10 + line 11d – line 12)					0			0
Р	art III	Fun	ding Percenta	ages			•				•		
14	Fundina											14	98.30%
					÷							15	98.30%
	Prior year	ar's fundir	ng percentage for	purposes of	of determining whether carry	over/prefun	ding	balance	es may be used	to redu	ce current	16	100.00%
17					less than 70 percent of the f							17	, ,
					·	unding targ	jet, e	enter suc	n percentage			17	%
	art IV		tributions an	-	•								
18					ar by employer(s) and emplo								
(1)	(a) Dat∂ /M-DD-Y		(b) Amount p employer	-	(c) Amount paid by employees		Date (b) Amount pa employer(s				by (c) Amount paid by employees		
	7/23/2017		5p.ey 6.	236000	0	(,	0	o.(o)		ор.·	2,000
						Totals ▶	.	18(b)		2360	00 18(c)		0
10	Discount	ad ample	v vor contributions	ana inatr	ustions for small plan with a				haginning of th		10(0)		0
19					ructions for small plan with a					19a			
	_				mum required contributions fr								
				-	usted to valuation date					19b			
					ired contribution for current yea	ar adjusted t	to va	iluation d	ate	19c			229126
20			itions and liquidity										
	_				ne prior year?							∐	Yes X No
				-	installments for the current y			imely m	anner?				Yes No
	C If line	20a is "Y	es," see instructio	ns and cor	mplete the following table as								
		(4)			Liquidity shortfall as of end	of quarter	of th			T		(4)	
		(1) 1s	τ		(2) 2nd			(3)	3rd	_		(4) 4th	1

P	art V	Assumpti	ons Used to	Determine	Funding Target a	nd Targe	t Normal Cost				
21	Discount	rate:									
	a Segm	ent rates:	1st seg	gment: 4.43%	2nd segment: 5.91 %		3rd segment: 6.65 %		□N/A,	full yield c	urve used
	b Applic	able month (er	nter code)					21b		0	
22	Weighted	d average retire	ement age					22		62	
23	Mortality	table(s) (see i	instructions)	X Pres	cribed - combined	Prescri	bed - separate	Substit	ute		
Pá	art VI	Miscellane	ous Items					<u> </u>			
24				escribed actua	arial assumptions for the	current pla	n vear? If "Ves " see i	netruction	e regarding	required	
		-			anai assumptions for the		-			_	′es 🛚 No
25	Has a me	ethod change b	peen made for th	ne current plar	n year? If "Yes," see ins	tructions reg	arding required attach	nment		Y	′es 🔀 No
26	Is the pla	n required to p	provide a Sched	ule of Active P	articipants? If "Yes," se	e instruction	s regarding required a	attachmer	nt		′es 🔀 No
27		•		•	r applicable code and se		0 0	27			
P	Part VII Reconciliation of Unpaid Minimum Required Contributions For Prior Years										
28					ears			28			0
29	Discount	ed employer c	ontributions allo	cated toward u	unpaid minimum required	d contributio	ns from prior years	29			
30	(line 19a) Remaining amount of unpaid minimum required contributions (line 28 minus line 29)							30			0
	Part VIII Minimum Required Contribution For Current Year										
	31 Target normal cost and excess assets (see instructions):										
	a Target	normal cost (lii	ne 6)		······			31a			97334
	b Excess	s assets, if app	licable, but not	greater than lir	ne 31a			31b			0
32	Amortiza	tion installmen	its:				Outstanding Bala	ince		Installmer	nt
	a Net she	ortfall amortiza	tion installment					3664			603
	b Waive	r amortization i	installment					0			0
33					er the date of the ruling le	-		33			
34	Total fun	ding requireme	ent before reflec	ting carryover/	prefunding balances (lin	es 31a - 31	b + 32a + 32b - 33)	34			97937
					Carryover balan	се	Prefunding balar	nce	7	Total balar	ce
35			se to offset fundi	-							0
36								36			97937
37			•	,	ntribution for current year						31331
	19c)							37			229126
38					r (see instructions)			00-	I		
								38a			131189
					efunding and funding sta	•		38b			
 39 Unpaid minimum required contribution for current year (excess, if any, of line 36 over line 37) 40 Unpaid minimum required contributions for all years 40 										0	
40 Par								l			0
	Part IX Pension Funding Relief Under Pension Relief Act of 2010 (See Instructions) 41 If an election was made to use PRA 2010 funding relief for this plan:										
								Г	2 plus 7 ye	are \Box	15 years
					la was made						15 years
42					a was made				008 2009	2010	2011
								42			
43	⊏xcess in	istailment acce	eration amount	to be carried	over to future plan years	5		43	I		

Schedule SB, Line 32 –

Schedule of Amortization Bases

Perfect Balance Wellness, Inc. Defined Benefit Plan

46-4404002/001

For the plan year 01/01/2016 through 12/31/2016

Date Base Established	Original Base Amount	Type of Base	Present Value of Remaining Installments	Years Remaining Amortization Period	Amortization Installment
12/31/2016	\$3,664	Shortfall	\$3,664	7	\$606

SCHEDULE SB (Form 5500)

Department of the Treasury Internal Revenue Service

Department of Labor Employee Benefits Security Administration

Pension Benefit Guaranty Corporation

Single-Employer Defined Benefit Plan Actuarial Information

This schedule is required to be filed under section 104 of the Employee Retirement Income Security Act of 1974 (ERISA) and section 6059 of the Internal Revenue Code (the Code).

OMB No. 1210-0110

2016

This Form is Open to Public Inspection

Taraba Balan, Salan,	File as an	attachment to Form	5500 or 5	5500-SF.			
For calendar plan year 2016 or fiscal plan year	beginning 0	1/01/2016		and ending	3	12/31/20	16
Round off amounts to nearest dollar.							
Caution: A penalty of \$1,000 will be assess	ed for late filing of thi	s report unless reason	able caus	se is established	l		
Name of plan				B Three-dig	jit		
Perfect Balance Wellness,	Inc. Defined	Benefit Plan		plan num	ber (PN) •	001
	*						
Plan sponsor's name as shown on line 2a of	Form 5500 or 5500-5	SF.	-	D Employer	dentific	ation Number (E	IN)
		*·				adorritameor (E	,
Perfect Balance Wellness,	Inc.			46-440400	2		
Type of plan: X Single Multiple-A	Multiple-B	F Prior year pla	n size: X	100 or fewer	101-	500 More th	an 500
Part I Basic Information							
1 Enter the valuation date: Mon	th <u>12</u> Day	31 Year 2	2016				-
2 Assets:							
a Market value					2a		206,683
b Actuarial value	•••••				2b		206,683
3 Funding target/participant count breakdow	n			lumber of ticipants		sted Funding Target	(3) Total Funding Target
a For retired participants and beneficiaries	receiving payment			0		0	
b For terminated vested participants				1		1,320	1,320
C For active participants				2		125,416	209,027
d Total				3		126,736	210,347
4 If the plan is in at-risk status, check the bo	x and complete lines	(a) and (b)	Г]			
a Funding target disregarding prescribed a	at-risk assumptions				4a		
b Funding target reflecting at-risk assumpt status for fewer than five consecutive ye					411		
5 Effective interest rate					5		5.51%
6 Target normal cost		, , , , , , , , , , , , , , , , , , , ,			6		97,334
Statement by Enrolled Actuary To the best of my knowledge, the information supplied in th accordance with applicable law and regulations. In my opin combination, offer my best estimate of anticipated experien	ion, each other assumption	ing schedules, statements and is reasonable (taking into acco	d attachment ount the expe	ls, if any, is complete enence of the plan ar	and accur	ate. Each prescribed ble expectations) and	assumption was applied in l such other assumptions, in
SIGN HERE	idad In	wh				9/6/17	
	e of actuary					Date	
ichael Frank, FSA						1702440	
	name of actuary				Most	ecent enrollmer	
ichael Frank, FSA						212-567-1	
	name			Te	ephone	number (includi	ng area code)
00 Arden St uite 5B							,
ew York NY 10040							
Address	s of the firm		-				
the actuary has not fully reflected any regulation	n or ruling promulgate	ed under the statute in	completi	ng this schedule	, check	the box and see	Π.

		ions Used to Determin	e Funding Target and Ta	rget Normal Cost		
21	Discount rate:			T		
	a Segment rates:	1st segment: 4 . 4 3 %	2nd segment: 5 . 91 %	3rd segment		N/A, full yield curve used
	b Applicable month (e	nter code)			21b	(
22	Weighted average retir	rement age			22	62
23	Mortality table(s) (see	instructions)	scribed - combined Pre	scribed - separate	Substitut	te .
Pa	art VI Miscellane	eous Items				
24			uarial assumptions for the current			
25	Has a method change	been made for the current pla	in year? If "Yes," see instructions	regarding required attac	hment	Yes X No
26	Is the plan required to	provide a Schedule of Active	Participants? If "Yes," see instruc	tions regarding required	attachment	Yes 🛛 No
	If the plan is subject to	alternative funding rules, enter	er applicable code and see instruc	tions regarding	27	
P	art VII Reconcili	iation of Unpaid Minim	um Required Contributio	ns For Prior Years	•	
28	Unpaid minimum requi	red contributions for all prior y	ears		28	(
29	Discounted employer of (line 19a)	contributions allocated toward	unpaid minimum required contrib	utions from prior years	29	(
30			tributions (line 28 minus line 29)		30	
Pa	art VIII Minimum	Required Contributio	n For Current Year			
31	Target normal cost an	d excess assets (see instructi	ons):			
	a Target normal cost (I	ine 6)			31a	97,334
	b Excess assets, if app	olicable, but not greater than I	ine 31a		31b	
32	Amortization installmen	nts:		Outstanding Bal	ance	Installment
	a Net shortfall amortiza	ation installment			3,664	603
	b Waiver amortization	installment				
33			er the date of the ruling letter grar) and the waived amount		33	
34	Total funding requirem	ent before reflecting carryove	r/prefunding balances (lines 31a -	31b + 32a + 32b - 33)	. 34	97,93
			Carryover balance	Prefunding bala	nce	Total balance
35	Balances elected for us	se to offset funding				(
36	Additional cash require	ement (line 34 minus line 35)			36	97,93
37	Contributions allocated 19c)	toward minimum required co	ntribution for current year adjusted	d to valuation date (line	37	229,126
38	Present value of exces	s contributions for current year	r (see instructions)			
					38a	131,189
			refunding and funding standard ca		38b	
			ar (excess, if any, of line 36 over I		39	(
					40	(
-			Pension Relief Act of 201	0 (See Instruction	s)	
41		e to use PRA 2010 funding rel				
						2 plus 7 years 15 years
			1a was made		200	8 2009 2010 2011
					42	
43	Excess installment acco	eleration amount to be carried	over to future plan years		43	