Form 5500-SF

Department of the Treasury Internal Revenue Service

Employee Benefits Security Administration Pension Benefit Guaranty Corporation

Department of Labor

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 sections 6057(b) and 6058(a) of the Internal Revenue Code (the Code).

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

OMB Nos. 1210-0110 1210-0089

2018

This Form is Open to Public Inspection

Part I	Annual Report I	dentification Information							
For calend	dar plan year 2018 or fisc	cal plan year beginning 01/01/20	018	and ending 12	2/31/2018				
A This re	eturn/report is for:	a single-employer plan	a multiple-employer plan (not multiemployer) (Filers checking this box must attach a list of participating employer information in accordance with the form instructions.)						
D. T. C.	,	a one-participant plan	a foreign plan						
B This ret	urn/report is	the first return/report	the final return/report						
		an amended return/report	a short plan year retu	urn/report (less than 12 m	onths)				
C Check	box if filing under:	Form 5558	automatic extension		DFVC progr	am			
		special extension (enter descri	ption)						
Part II	Basic Plan Infor	mation—enter all requested info	ormation						
1a Name	•	ETICS & ORTHOTICS, INC. 401K	PROFIT SHARING PLA	N.N	1b Three-dig plan num (PN) ▶				
					1c Effective	date of plan 03/01/2003			
		er, if for a single-employer plan)	Day			Identification Number			
		n, apt., suite no. and street, or P.O. e, country, and ZIP or foreign posta		structions)	(EIN)	91-1705254			
		ETICS & ORTHOTICS INC.	, J	,		s telephone number 06-363-7790			
					2d Business code (see instructions)				
	IDIAN AVE N SUITE G2				621399				
SEATLE, W	A 90133								
3a Plan administrator's name and address X Same as Plan Sponsor.					3b Administrator's EIN				
		_			2				
					3C Administr	rator's telephone number			
		plan sponsor or the plan name has sor's name, EIN, the plan name ar			4b EIN				
	sor's name	, , ,	•	,	4d PN				
C Plan N	Name								
5a Total	number of participants a	at the beginning of the plan year			5a	4			
_		at the end of the plan year			5b	4			
C Numb	per of participants with a	ccount balances as of the end of the	he plan year (only define	ed contribution plans	5c	4			
'	,	ticipants at the beginning of the pla			5d(1)	3			
d(2) Tot	tal number of active part	ticipants at the end of the plan yea	r		5d(2)	1			
e Number of participants who terminated employment during the plan year with accrued benefits that were less					0				
		r incomplete filing of this return				ned			
Under pen SB or Sch	alties of perjury and other	er penalties set forth in the instructed as igned by an enrolled actuary, as	tions, I declare that I hav	e examined this return/re	port, including, i	f applicable, a Schedule			
SIGN		valid electronic signature.	04/11/2019	KIRK DOUGLASS					
HERE	Signature of plan ad	lministrator	Date	Enter name of individu	vidual signing as plan administrator				
SIGN	Filed with authorized/v	valid electronic signature.	04/11/2019	KIRK DOUGLASS					
HERE	Signature of employer/plan sponsor Date Enter name of individual					dual signing as employer or plan sponsor			

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6a b								_	
	under 29 CFR 2520.104-46? (See instructions on waiver eligibility and conditions.)								s No
С	If the plan is a defined benefit plan, is it covered under the PBGC in							☐ Not det	ermined
	If "Yes" is checked, enter the My PAA confirmation number from th					_		(See instr	
Pa	rt III Financial Information								
7	Plan Assets and Liabilities		(a) Beginning	of Year			(b) En	d of Year	
а	Total plan assets	7a		17991				1079518	
b	Total plan liabilities	7b		0					
С	Net plan assets (subtract line 7b from line 7a)	7c	11	17991			1079518		
8	Income, Expenses, and Transfers for this Plan Year		(a) Amoun	ıt			(b)	Total	
а	Contributions received or receivable from: (1) Employers	8a(1)		5368					
	(2) Participants	8a(2)	:	26557					
	(3) Others (including rollovers)	8a(3)							
b	Other income (loss)	8b	-1	69838					
C	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c						-37913	
d	Benefits paid (including direct rollovers and insurance premiums to provide benefits)	8d							
e	Certain deemed and/or corrective distributions (see instructions) \dots	8e							
f	Administrative service providers (salaries, fees, commissions)	8f		560					
g	Other expenses	8g							
<u>h</u>	Total expenses (add lines 8d, 8e, 8f, and 8g)	8h						560	
<u>i</u>	Net income (loss) (subtract line 8h from line 8c)	8i						-38473	
<u>j</u>	j Transfers to (from) the plan (see instructions)								
Pa	Part IV Plan Characteristics								
9a	If the plan provides pension benefits, enter the applicable pension 2E 2F 2G 2J 2K 2T 3D	feature co	odes from the List of Pl	an Cha	racteri	stic Co	odes in the in	structions:	
b	If the plan provides welfare benefits, enter the applicable welfare for	eature cod	les from the List of Pla	n Chara	acteris	tic Co	des in the ins	tructions:	
Par	t V Compliance Questions								
10	During the plan year:				Yes	No		Amount	
а	Was there a failure to transmit to the plan any participant contribu described in 29 CFR 2510.3-102? (See instructions and DOL's V Program)	oluntary F	iduciary Correction	10a		X			
b	Were there any nonexempt transactions with any party-in-interest reported on line 10a.)	t? (Do not	include transactions	10b		X			
	· ·			10c	Χ			F0	000
d	, , ,	fidelity bo	nd, that was caused	10d	^	X		50	000
е	Were any fees or commissions paid to any brokers, agents, or oth carrier, insurance service, or other organization that provides som the plan? (See instructions.)	her person ne or all of	s by an insurance the benefits under	10e		X			
f						X			
9	Did the plan have any participant loans? (If "Yes," enter amount as of year-end.)					X			
h	If this is an individual account plan, was there a blackout period? 2520.101-3.)	•		10h		X			
i	If 10h was answered "Yes," check the box if you either provided the exceptions to providing the notice applied under 29 CFR 2520.10	•		10i					

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Part	VI Pension Funding Compliance							
11	Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and complete (Form 5500) and line 11a below)			Yes 🛚 No				
11a	Enter the unpaid minimum required contributions for all years from Schedule SB (Form 5500) line 40	11a						
12								
	(If "Yes," complete line 12a or lines 12b, 12c, 12d, and 12e below, as applicable.)							
а	If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instructions, granting the waiver	and enter Da		e of the letter ruling Year				
lf y	ou completed line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13.							
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	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	s 🔀 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 control of the PBGC?	the		Yes X No				
С	If, during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the plan which assets or liabilities were transferred. (See instructions.)	n(s) to						
1	3c(1) Name of plan(s):	(2) EIN(s))	13c(3) PN(s)				

Form 5500-SF

Department of the Treasury Internal Revenue Service

Department of Labor Employee Benefits Security Administration Pension Benefit Guaranty Corporation

Internal Revenue Service

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 6057(b) and 6058(a) of the Internal Revenue Code (the Code).

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

Employee 2010

2018

OMB Nos. 1210-0110

1210-0089

This Form is Open to Public Inspection

Par		Identification Information				
For ca	lendar plan year 2018 or fis	scal plan year beginning	01/01/2018	and ending	12/31/20	18
A Th	is return/report is for:	a single-employer plan a one-participant plan		lan (not multiemployer) mployer information in		
B Th	is return/report is:	the first return/report	the final return/report			
		an amended return/report	a short plan year retu	rn/report (less than 12	months)	
C Ch	eck box if filing under:	Form 5558 special extension (enter descrip	automatic extension		DFVC p	orogram
Dor	Bosia Dian Infe	The state of the s				
Part	lame of plan	ormation enter all requested in	nformation		1b Three-digi	
		Prosthetics & Orthotics	The Allk Profi	+ Charing	plan numb	er
	Plan	FIOSCHELICS & OTTHOLICS	s, Inc. 401k PIOL	ic sharing	(PN) ►	001
					1c Effective of 03/01/2	The state of the s
2a P	Plan sponsor's name (emple	oyer, if for a single-employer plan)				Identification Number
N	Mailing Address (include roo	om, apt., suite no. and street, or P.O. ce, country, and ZIP or foreign posta	. Box) al code (if foreign, see insti	ructions)	(EIN) 91	-1705254
		Prosthetics & Orthotics		addoney		telephone number
1	.0740 Meridian Ave	N Suite G2			2d Business 621399	code (see instructions)
	S Seatle WA 98133	F-1			<u> </u>	
3a F	Plan administrator's name a	and address X Same as Plan Spor	nsor		3b Administra	itor's EIN
					3c Administra	tor's telephone number
		ne plan sponsor or the plan name has			4b EIN	
a s	nis plan, enter the plan spo Sponsor's name Plan Name	onsor's name, EIN, the plan name and	d the plan number from th	e last return/report.	4d PN	
5a T	otal number of participants	s at the beginning of the plan year			. 5a	4
4.0		s at the end of the plan year				4
C N	lumber of participants with complete this item)	account balances as of the end of the	ne plan year (only defined	contribution plans	. 5c	4
		rticipants at the beginning of the plan				3
d(2)	Total number of active pa	rticipants at the end of the plan year	•••••		. 5d(2)	1
		terminated employment during the p			5e	0
Caut	ion: A penalty for the late	or incomplete filing of this return	/report will be assessed	unless reasonable ca	ause is establishe	d.
SB or	r penalties of perjury and or Schedule MB completed f, it is true, correct and on	other penalties set forth in the instruction and signed by an enrolled actuary, a piplete.	tions, I declare that I have s well as the electronic ve	examined this return/r rsion of this return/repo	eport, including, if a ort, and to the best	applicable, a Schedule of my knowledge and
SIG	N Hank Die	Lan	4/11/19	KIRK DOUGLASS		
HER		histrator	Date	Enter name of individ	ual signing as plan	administrator
616	Who K	V	4/11/19	KIRK DOUGLASS	-	

Signature of employed lan sponsor

Enter name of individual signing as employer or plan sponsor

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6a	Were all of the plan's assets during the plan year invested in eligible assets? (See instructions.)							X Yes No
b	Are you claiming a waiver of the annual examination and report of an independent qualified public accountant (IQPA)							
	under 29 CFR 2520.104-46? (See instructions on waiver eligibility and conditions.)							
_								□ No □ Not determine
C	If the plan is a defined benefit plan, is it covered under the PBGC ins	•	• ,			_	_	_ _
	If "Yes" is checked, enter the My PAA confirmation number from the	PBGC pre	emium filing for this year					(See instructions.)
Pa	art III Financial Information							
7	Plan Assets and Liabilities		(a) Beginning o	f Yea	r			(b) End of Year
а	Total plan assets	7a	1,13	17,9	91			1,079,518
b	Total plan liabilities	7b			0			
С	Net plan assets (subtract line 7b from line 7a)	7c	1,11	17,9	91			1,079,518
8	Income, Expenses, and Transfers for this Plan Year		(a) Amount	:				(b) Total
а	Contributions received or receivable from: (1) Employers	8a(1)		5,3	68			
	(2) Participants	8a(2)	:	26,5	57			
	(3) Others (including rollovers)	8a(3)						
b	Other income (loss)	8b	(69	9,83	8)			
С	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c						(37,913)
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		5	60			
g	Other expenses	8g						
h	Total expenses (add lines 8d, 8e, 8f, and 8g)	8h						560
<u>i</u>	Net income (loss) (subtract line 8h from line 8c)	8i						(38,473)
<u>j</u> _	Transfers to (from) the plan (see instructions)	8j						
Pa	Part IV Plan Characteristics							
9a	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 2T 3D							
b	If the plan provides welfare benefits, enter the applicable welfare fea	ture code:	s from the List of Plan Cha	aracte	ristic (Codes	in the	instructions:
Pá	art V Compliance Questions							
10	During the plan year:				Yes	No	N/A	Amount
а	Was there a failure to transmit to the plan any participant contribut	ions withir	the time period					
	described in 29 CFR 2510.3-102? (See instructions and DOL's Vo	luntary Fid	duciary Correction					
	Program)			10a		Х		
b	Were there any nonexempt transactions with any party-in-interest? reported on line 10a.)			10b		x		
				10c	х			50,000
				100				33,303
	by fraud or dishonesty?	•		10d		х		
е	Were any fees or commissions paid to any brokers, agents, or other carrier, insurance service, or other organization that provides some	•	,					
	the plan? (See instructions.)			10e		x		
f	f Has the plan failed to provide any benefit when due under the plan?					х		
0	Did the plan have any participant loans? (If "Yes," enter amount as	s of year e	nd.)	10g		х		
h	If this is an individual account plan, was there a blackout period? (2520.101-3.)			10h		х		
i	If 10h was answered "Yes," check the box if you either provided the exceptions to providing the notice applied under 29 CFR 2520.101	e required	I notice or one of the	10i				
	1					I		

Form 5500-SF 2018		

Part	VI Pension Funding Compliance							
11	Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and complete Sch (Form 5500 and line 11a below)		SB Yes X No					
11a	Enter the unpaid minimum required contributions for all years from Schedule SB (Form 5500) line 40	11a						
12	12 Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or section 302 of ERISA?							
а	If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instructions, an	d enter	the date of the letter ruling					
	granting the waiver Month Month	_ Da	y Year					
If y	ou completed line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13.							
b	Enter the minimum required contribution for this plan year.	12b						
С	Enter the amount contributed by the employer to the plan for the 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?		Yes 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 control of the PBGC?		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.)								
13	c(1) Name of plan(s): 13c(2) El	N(s)	13c(3) PN(s)					

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