## Form 5500-SF

Department of the Treasury Internal Revenue Service

Department of Labor 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		Identification Information						
For calend	dar plan year 2018 or fi	iscal plan year beginning 01/01/2	2018	and ending 1	2/31/2018			
A This re	eturn/report is for:	X a single-employer plan		plan (not multiemployer) ( employer information in ac				
		a one-participant plan	a foreign plan			·		
<b>B</b> This ret	turn/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	ionths)			
C Check	box if filing under:	X Form 5558	automatic extension		DFVC progra	am		
	_	special extension (enter desc	. ,					
Part II	Basic Plan Info	ormation—enter all requested in	formation					
1a Name PINNACLE	•	' & SPORTS MEDICINE, INC. 401	(K) PROFIT SHARING PL	LAN	<b>1b</b> Three-dig plan num (PN) ▶	ber 001		
					1c Effective	date of plan 01/01/2009		
		oyer, if for a single-employer plan)			<b>2b</b> Employer	Identification Number		
		m, apt., suite no. and street, or P.C ce, country, and ZIP or foreign post		structions)	(EIN)	38-3753317		
-		& SPORTS MEDICINE, INC.	.a. 0000 (ii 10101911, 000 ii 10	sir deliene)		s telephone number 08-777-4242		
					2d Business	code (see instructions)		
1590 E POLSTON #B						621340		
POST FALL	.5, ID 83854							
3a Plan a	3a Plan administrator's name and address X Same as Plan Sponsor.				<b>3b</b> Administrator's EIN			
		<b>-</b>						
					<b>3c</b> Administrator's telephone number			
		e plan sponsor or the plan name honsor's name, EIN, the plan name a			4b EIN			
	sor's name	Tion o name, 2114, the plan name of	and the plan namber from	the last retain, reports	4d PN			
C Plan I	Name							
Fo. Tatal					5a	12		
_		s at the beginning of the plan year.						
		at the end of the plan year				11		
		account balances as of the end of			5c	3		
		articipants at the beginning of the pl	-					
		articipants at the end of the plan ye			. 5d(2) 1			
than	100% vested	terminated employment during the			<b>5e</b> 0			
		or incomplete filing of this return						
SB or Sch		ther penalties set forth in the instru- and signed by an enrolled actuary, a plete.						
SIGN	Filed with authorized	I/valid electronic signature.	10/15/2019	DALE STEVENS				
HERE	Signature of plan a	administrator	Date	Enter name of individ	lual signing as pl	an administrator		
SIGN								
HERE	Signature of emplo	oyer/plan sponsor	Date	Enter name of individ	lual signing as er	nployer 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								X Yes ∏ No
	under 29 CFR 2520.104-46? (See instructions on waiver eligibility and conditions.)							
C	If the plan is a defined benefit plan, is it covered under the PBGC in					_		Not determined
	If "Yes" is checked, enter the My PAA confirmation number from th					_		. (See instructions.)
Do								
_ Pa			(a) Danimain m	. ( V			/I- \ F-	- 1 - 6 V
<del>_</del>	Plan Assets and Liabilities	7-	(a) Beginning o	of Year 39105			(b) Ei	nd of Year 128946
	Total plan assets	7a 7b	T.	33103				120340
	Net plan assets (subtract line 7b from line 7a)	76 7c	13	39105				128946
8	Income, Expenses, and Transfers for this Plan Year	70	(a) Amoun				(h	) Total
	Contributions received or receivable from:		(a) Airiouii				(0)	) Total
	(1) Employers	8a(1)						
	(2) Participants	8a(2)			_			
	(3) Others (including rollovers)	8a(3)						
<u>b</u>	Other income (loss)	8b	-1	10159				
	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c						-10159
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						
_	Total expenses (add lines 8d, 8e, 8f, and 8g)	8h						0
i	Net income (loss) (subtract line 8h from line 8c)	8i						-10159
j	Transfers to (from) the plan (see instructions)	8i						
Pai	t IV Plan Characteristics							
9a	If the plan provides pension benefits, enter the applicable pension 2A 2E 2J 2R 3D	feature co	des from the List of Pla	an Chai	racteri	stic Co	odes in the in	nstructions:
b	If the plan provides welfare benefits, enter the applicable welfare fe	eature cod	les from the List of Plan	n Chara	acterist	tic Cod	des in the ins	structions:
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)	-	-	10a		X		
b	Were there any nonexempt transactions with any party-in-interest reported on line 10a.)	? (Do not	include transactions	10b		X		
				10b	Х			20000
d	Did the plan have a loss, whether or not reimbursed by the plan's	fidelity bo	nd, that was caused			X		2000
	by fraud or dishonesty?			10d				
·	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.)			10e		X		
f	Has the plan failed to provide any benefit when due under the pla			10f		X		
g	Did the plan have any participant loans? (If "Yes," enter amount a	s of year-e	end.)	10g		Χ		
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	ne required	d notice or one of the	10i				
	endopaid to promising the neaded applied under 20 of 11 2020.10					<u> </u>		

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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 Sche (Form 5500) and line 11a below)		В	Y	es No
11a	Enter the unpaid minimum required contributions for all years from Schedule SB (Form 5500) line 40	11a			
12	Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or section ERISA?		:	Y	es X No
	(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, and granting the waiver	d enter t Day		of the lette Year _	r ruling
lf :	you 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)					
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	× N	0
	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
С	If, during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the plan(s) which assets or liabilities were transferred. (See instructions.)	to			
1	<b>3c(1)</b> Name of plan(s): 13c(2)	EIN(s)		13c(3)	PN(s)

## Form 5500-SF

Department of the Treasury Internal Revenue Service

Department of Labor Employee Benefits Security Administration

Employee Benefits Security Administration

Pension Benefit Guaranty Corporation

Short Form Annual Return/Report of Small Employee Benefit Plan

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OMB Nos. 1210-0110 1210-0089

2018

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Part I		<b>Identification Information</b>								
For calend	ar plan year 2018 or fi	iscal plan year beginning	01/01/2018	and ending	12/31	L/2018				
A This ret	turn/report is for:	x a single-employer plan				ng this box must attach a h the form instructions.)				
<b>B</b> This retu	urn/report is	a one-participant plan	a foreign plan							
	•	the first return/report	the final return/report							
C Observation	have if filling and an	an amended return/report	a short plan year return	n/report (less than 12 m						
C Check	box if filing under:	X Form 5558  special extension (enter descri	☐ automatic extension ☐ DFVC program							
Dort II	Pagia Plan Info	prmation—enter all requested inf	· · · · · · · · · · · · · · · · · · ·							
Part II		rmation—enter all requested in	ormation		1h Thron	digit				
		THERAPY & SPORTS ME	DICINE, INC. 401	(K) PROFIT	<b>1b</b> Three-plan nu (PN)	umber				
						ve date of plan 1/2009				
		oyer, if for a single-employer plan)			2b Employ	yer Identification Number				
Mailing	g address (include roo	om, apt., suite no. and street, or P.O ce, country, and ZIP or foreign posts	). Box)	uotiona)	(EIN) 3	8-3753317				
		THERAPY & SPORTS MEI		uctions)		or's telephone number 777-4242				
1590	E POLSTON #E	3			2d Busine	ss code (see instructions)				
POST	FALLS	ID 8385	54		6213	40				
3a Plan a	dministrator's name a	nd address X Same as Plan Spon	nsor.		3b Administrator's EIN					
ou i luii u	arrimotrator o riarrio a	La dadices La came de l'am spen								
					3c Admini	strator's telephone number				
		e plan sponsor or the plan name ha			4b EIN					
	an, enter the plan spo or's name	onsor's name, EIN, the plan name a	ind the plan number from tr	ne last return/report.	4d PN					
C Plan N										
C FIAITIN	iame									
<b>5a</b> Total i	number of participants	at the beginning of the plan year			5a	12				
<b>b</b> Total i	number of participants	at the end of the plan year			5b	11				
		account balances as of the end of t			5c	3				
<b>d(1)</b> Tota	al number of active pa	articipants at the beginning of the pla	an year		5d(1)	12				
		articipants at the end of the plan yea			5d(2)	10				
than	100% vested	terminated employment during the			5e	0				
Caution: A	penalty for the late	or incomplete filing of this return	n/report will be assessed	unless reasonable cau	use is establi	ished.				
SB or Sche	alties of perjury and of edule MB completed a true, correct, and com	ther penalties set forth in the instruction of signed by an enrolled actuary, a plete.	ctions, I declare that I have as well as the electronic ver	examined this return/re sion of this return/report	port, including t, and to the b	g, if applicable, a Schedule best of my knowledge and				
SIGN	1		10/15/9	Mark Bengston						
HERE	Signature of plan a	administrator	Date	Enter name of individ	ual signing as	plan administrator				
SIGN			10/15/18	Mark Bengston	0 0					
HERE	Signature of emplo	oyer/plan sponsor	Date		ual signing as	employer or plan sponsor				

D	ag	0	2
г	au	ı	4

	Were all of the plan's assets during the plan year invested in eligib							X Y	es 📗 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.)							🛚 🗓 Ye	es 🗌 No
G	If the plan is a defined benefit plan, is it covered under the PBGC in					-	( Common )	o ∏ Not de	etermined
	If "Yes" is checked, enter the My PAA confirmation number from the						( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( )		ructions.)
Pai	t III Financial Information								
7	Plan Assets and Liabilities		(a) Beginning	of Year			(b) E	nd of Year	
а	Total plan assets	7a		139,	105				128,946
b	Total plan liabilities	7b							
С	Net plan assets (subtract line 7b from line 7a)	7c		139,	105				128,946
8	Income, Expenses, and Transfers for this Plan Year		(a) Amoun	t			(b	) Total	
а 	Contributions received or receivable from: (1) Employers	8a(1)							
	(2) Participants	8a(2)							
	(3) Others (including rollovers)	8a(3)							
b	Other income (loss)	8b		-10,	159				
С	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c							-10,159
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							0
i	Net income (loss) (subtract line 8h from line 8c)	8i			-10,				-10,159
j	Transfers to (from) the plan (see instructions)	8j							
Pai	t IV Plan Characteristics								
9a	If the plan provides pension benefits, enter the applicable pension 2A 2E 2J 2R 3D	feature cod	des from the List of Pl	an Cha	racteri	stic Co	des in the i	nstructions:	
b	If the plan provides welfare benefits, enter the applicable welfare for	eature code	es from the List of Pla	n Chara	acterist	ic Cod	es in the in	structions:	
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 contributed described in 29 CFR 2510.3-102? (See instructions and DOL's Normal Program)	oluntary Fi	duciary Correction	10a		х			
b		? (Do not i	nclude transactions	10b		Х			
C	Was the plan covered by a fidelity bond?			10c	Х				20,000
d	Did the plan have a loss, whether or not reimbursed by the plan's by fraud or dishonesty?			10d		Х			
е		ner persons	by an insurance he benefits under	10e		х			
f	Has the plan failed to provide any benefit when due under the pla	n?		10f		х			
g	Did the plan have any participant loans? (If "Yes," enter amount a	s of year-e	nd.)	10g		Х			
h	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 2520.10			10i					

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VI Pension Funding Compliance		

				-			
Part	VI Pension Funding Compliance						
11	Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and comp (Form 5500) and line 11a below)			В		Yes [	No
11a	Enter the unpaid minimum required contributions for all years from Schedule SB (Form 5500) line 40		11a				
12 Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or section 302 of ERISA?							X No
<b>a</b> If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instructions, and enter the date o granting the waiver							ng
lf :	you 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						
d	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
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 u control of the PBGC?				Yes	X No	
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.	ne plan(s)	to				
1	13c(1) Name of plan(s):				<b>13c(3)</b> PN(s)		
				_			
	1			- 1			