

Part 2A of Form ADV: *Firm Brochure*

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This brochure provides information about the qualifications and business practices of Alpha & Omega Financial Management Consultants, Inc. If you have any questions about the contents of this brochure, please contact us at (619) 462-7812. The information in this brochure has not been approved or verified by the U.S. SEC or by any state securities authority. Additional information about Alpha & Omega Financial Management Consultants, Inc., also is available on the SEC's website at www.adviserinfo.gov.

Item2 Material Changes

There are no changes that we would consider to be material since our last update to this form.

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Item 4 Advisory Business

We are a Pension Third Party Administration firm and have been in business since 1974. The firm is 100% owned by employees and an employee related party. The majority shareholder is Peter E. Prevolos.

Our primary business is establishing and maintaining ERISA qualified pension and benefit plans. We are required to registered with the SEC as an RIA because we perform services for plans with assets that exceed, in the aggregate, \$75,000,000. Our work necessarily includes plan Fiduciary compliance, including, but not limited to investment review and selection. As such, we provide investment supervisory services to plan fiduciaries and private clients. We do not have a minimum stated relationship, but practicality lends itself to clients with investible assets of over \$1,000,000.

Generally, we do not custody funds for clients and we do not have discretionary authority over client accounts. We have one institutional client for which we have discretionary authority. However, the client is a trust company investing missing participant funds and as such, our discretionary authority is limited by IRS and DOL rules.

As of December 31, 2019 are involved with portfolios with assets of over \$350,000,000.

Item 5 Fees and Compensation

Generally, we are compensated by a combination of Flat Fee and Hourly Fees for service pursuant to our Fee Agreement. Some clients prefer to offset (in whole or in part) our fees by paying a percentage of assets under management. We do not require prepayment of fees. We do not participate in any wrap fee programs. We do not receive or pay fees for any type of referral.

For institutional clients, fees are billed quarterly in arrears on the market value of assets under management at an annual rate of .5% to 2% depending on the assets under management and the total services provided.

For private clients, fees are billed quarterly in arrears on the market value of assets under management at an annual rate of .5% to \$2% depending on the assets under management and the total services provided.

We may negotiate fees different from our fee schedule. Clients may authorize us to deduct fees from their account or bill them. Clients will also incur brokerage and/or other transaction costs as outlined in Item 12: Brokerage Practices. None of such costs are payable to us.

Similar services may be available from other advisers at lower fees.

Item 6 Investment Advisory Services (Outside Manager)

Depending on the outcome of the client's personal investment policy, we may recommend and/or offer investment advisory services through the use of third-party money managers ("Outside Managers") for portfolio management services. We assist clients in selecting an appropriate allocation model, completing the Outside Manager's investor profile questionnaire, interacting with the Outside Manager and reviewing the Outside Manager. **Our review process and analysis and analysis of outside managers is further discussed in Item 9 of this Form ADV Part 2A.** Additionally, we will meet with the client on a period basis to discuss changes in their personal or financial situation, suitability, and any new or revised restrictions to be applied to the account. We may recommend, on occasion, redistributing investment allocations to diversify the portfolio. We may recommend specific positions to increase sector or asset class weightings. The Advisor may recommend employing cash positions as a possible hedge against market movement. We may recommend selling positions for reasons that include, but are not limited to, harvesting capital gains or losses for tax purposes, change in risk tolerance of Client, generating cash to meet your needs, or any risk deemed unacceptable for your risk tolerance. Clients will have the opportunity to impose restrictions on investing in certain securities or types of securities.

Item 7 Performance-Based Fees and Side-By-Side Management

We do not charge performance-based fees.

Item 8 Types of Clients

We serve institutional, corporate and private clients. Clients may include multi-employer (TaftHartley), union or governmental employee pension or benefit plans, banks or thrift institutions, investment companies, trusts, estates, charitable organizations or other corporations or entities.

Item 9 Methods of Analysis, Investment Strategies and Risk of Loss

Again, most of our work is compliance oriented and most investment advisory services are done in conjunction with the client and the client's other financial advisors. Our first goal and objective is to insure that our client's exercise their investment authority and discretionary authority in a manner which is prudent and sound and supports the fiduciary obligation. Each client is reviewed separately and the investment decisions are tailored to the client or the beneficiaries who our clients serve. Additionally, our goal is to always keep compliant with IRS and DOL criteria and safe harbors for Qualified Plan Investments where required or appropriate.

Item 10 Disciplinary Information

Our firm and employees have never had any legal or disciplinary events related to providing investment advisory services.

Item 11 Other Financial Industry Activities and Affiliations

We do work collaboratively with our client's other financial advisors. Similarly, we have recommended other financial institutions and advisors to our client's. We are not paid a commission for any such collaboration or referral. Our fees are independently negotiated with our clients. Sometimes, our fee may be built into the recommended advisors contract at the request of the Client. Otherwise, we engage in no other financial industry activities and are not affiliated with any broker-dealer, investment company, financial planner, or other investment adviser.

Item 12 Third Party Advisor Platform

Our Advisors can delegate investment advisory responsibilities or discretionary authority to a third party investment adviser through external advisory platforms that are offered at Alpha & Omega Financial Management Consultants. Typically, you will enter into an agreement directly with that third party, which will outline, among other things, the fees and trading of your account by that investment adviser. Depending on the Advisory Program, you either pay us directly or pay one fee to the third party investment adviser, who will then remit a portion of the fee to us. You will receive a copy of both the third party investment adviser's brochure as well as this document if we and the third party are acting as co-investment advisers. If investment advisory services are delegated to a third party investment adviser, your Advisor will monitor your assets and will provide services such as, but not limited to, helping you choose the third party investment adviser, reviewing your accounts, and assisting you with administrative functions related to your portfolio. Our Advisor will conduct periodic reviews of your account(s) in the Advisory Program, monitor performance of the account, and be available to meet with you upon reasonable request. You and your Advisor should meet on a regular basis to review your financial situation, investment objectives and current holdings, and you should let your Advisor know about any changes to your financial goals or circumstances. We make available certain Advisory Platforms offered through third-party co-advisors to assist our Advisors in providing you additional options for a Managed Account. Examples of Advisory Platforms offered at A&O include, but are not limited to the following: SEI and AssetMark. SEI and AssetMark are described below.

A. SEI: We have entered into a co-advisory relationship with SEI Investments Management Corporation (SEI). In conjunction with SEI, we provide portfolio management services, selection of other investment advisers, mutual fund wrap services, access to separate account managers and alternative investments. SEI is both an investment adviser and broker-dealer. From the services and products SEI provides, our Advisor can customize the asset allocation and level of diversification, and determine the preferred investment vehicle or structure to create your account portfolio. There generally is no minimum investment for an account in the SEI Program. Prior to opening an account with SEI, your Advisor will gather information through the use of SEI-developed questionnaires, software and other materials or through a personal interview. Your Advisor will also assist you in completing all necessary paperwork, including an agreement between you and SEI that grants SEI discretionary trading authority in your account. SEI has created asset allocation programs using mutual funds invested in stocks, bonds and cash to meet varying client objectives and needs for growth, income and

capital preservation. Our Advisors will rely on the model investment portfolio designations and allocation recommendations provided by SEI. You may impose conditions in your investment guidelines or in written instructions to us that limit the discretionary authority implemented through the rebalancing program. In a select few instances, certain Advisors qualify for SEI's Enhanced Advisory Services. In these instances, your account will be managed as generally described under the Advisor Managed Account section above. SEI Private Trust Company, an affiliate of SEI, acts as a custodian of all assets in the SEI Program and you will enter into a separate custodial agreement with the SEI Private Trust Company. SEI will execute transactions for your account pursuant to your agreement with them. Your Advisor will conduct periodic reviews of your account in the SEI Program and monitor the performance of the account.

B. ASSETMARK: We have entered into a co-advisory relationship with ASSETMARK. In conjunction with ASSETMARK, we provide portfolio management services, selection of other investment advisers, mutual fund wrap services, access to separate account managers and alternative investments. ASSETMARK is both an investment adviser and broker-dealer. From the services and products ASSETMARK provides, our Advisor can customize the asset allocation and level of diversification, and determine the preferred investment vehicle or structure to create your account portfolio. There generally is no minimum investment for an account in the ASSETMARK Program. Prior to opening an account with ASSETMARK, your Advisor will gather information through the use of ASSETMARK-developed questionnaires, software and other materials or through a personal interview. Your Advisor will also assist you in completing all necessary paperwork, including an agreement between you and ASSETMARK that grants ASSETMARK discretionary trading authority in your account. ASSETMARK has created asset allocation programs using mutual funds invested in stocks, bonds and cash to meet varying client objectives and needs for growth, income and capital preservation. Our Advisors will rely on the model investment portfolio designations and allocation recommendations provided by ASSETMARK. You may impose conditions in your investment guidelines or in written instructions to us that limit the discretionary authority implemented through the rebalancing program. In a select few instances, certain Advisors qualify for ASSETMARK's Enhanced Advisory Services. In these instances, your account will be managed as generally described under the Advisor Managed Account section above. AssetMark, Inc., an affiliate of ASSETMARK, acts as a custodian of all assets in the ASSETMARK Program and you will enter into a separate custodial agreement with the AssetMark, Inc.. ASSETMARK will execute transactions for your account pursuant to your agreement with them. Your Advisor will conduct periodic reviews of your account in the ASSETMARK Program and monitor the performance of the account.

Item 13 Code of Ethics, Participation or Interest in Client Transactions and Personal Trading

We have adopted policies and procedures to detect and prevent insider trading. There are provisions for restricting access to files and providing continuing education. We are seldom, if ever, in a position to receive non-public information, let alone trade on such information. We have a Chief Compliance Officer.

Employees may own securities which may also be purchased for clients. When buying or

selling securities for employee or related party accounts, we execute these trades last - after all trades in client accounts have been filled.

It is our policy that employees shall not buy or sell securities for their personal account when their decision is substantially derived, in whole or in part, from information obtained by reason of their relation to the firm unless the information is also available to the general public on reasonable inquiry.

We require all employees to act in accordance with laws and regulations governing our business and will discipline or terminate any employee acting otherwise.

Item 14 Brokerage Practices

We do not use or suggest brokers or direct brokerage in exchange for fees, products, research, services, payments for order flow, rebates, soft dollars or other compensation.

Generally, we do not trade for our clients. We have and will, on occasion, suggest brokers that we reasonably believe will provide best price and execution. We consider reputation, integrity, access, ability, level of communication, responsiveness, and established mechanisms to provide best price and execution. We do not normally solicit competitive bids and do not necessarily seek the lowest available commission cost.

Clients are entitled to direct their brokerage. Clients are responsible for negotiating terms, arrangements and commissions with their broker.

Item 15 Review of Accounts

Accounts are subject to continuous monitoring and supervision. There are no specific factors triggering review and no procedure determining the sequence in which accounts are reviewed. Reviews are performed by Mr. Preovolos.

Item 16 Client Referrals and Other Compensation

We only receive compensation from clients for whom we provide consulting or investment advisory services. No one who is not a client provides us any economic benefit.

Item 17 Custody

We do not take possession of client funds or securities. But we are deemed by the SEC to have custody of accounts from which clients have authorized us to deduct management fees.

Each client receives statements from their custodian at least quarterly. Clients also receive periodic statements (usually quarterly) from us and are urged to compare the two.

Item 18 Investment Discretion

Generally, we do not have investment discretion over client accounts. In the rare case in which we do, clients execute a management agreement giving us authority to determine, without obtaining specific client consent, the type and amount of securities bought and sold, the broker used for the transaction and the commission rates paid.

Item 19 Voting Client Securities

Generally, we do not vote proxies for our clients. However, when we do, we vote proxies considering only the interest of our clients. In most cases, we vote proxies as recommended by management. But we generally vote against proposals to entrench management or result in egregious compensation and against board nominees who do not have significant share ownership or do not have significant experience related to the business of the company or appear to be otherwise unqualified. We generally vote against shareholder-initiated proposals that appear to be driven by social concerns having little relevance to the business of the company.

Item 20 Financial Information

We have been profitable since our establishment. No financial condition exists that is reasonably likely to impair our ability to meet contractual commitments to our clients.

Part 2B of Form ADV: *Brochure Supplement*

Peter E. Preovolos
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January 29, 2020

This brochure supplement provides information about Peter Preovolos and Fiel Barrow that supplements Alpha & Omega Financial Management Consultants, Inc.'s brochure. You should have received a copy of that brochure. Please contact Peter E. Preovolos at (619) 462-7812 or peter.preovolos@alpha-omega-inc.com if you did not receive the Alpha & Omega Financial Management Consultants, Inc.'s brochure or if you have any questions about the contents of this supplement.

Additional information about Peter E. Preovolos is available off the SEC's website at www.adviserinfo.sec.gov.

Item 2 Educational Background and Business Experience – Peter Preovolos

Education

Menlo College, Menlon, California, AA
University of Arizona, Tucson, Arizona, BA
American Institute of International Management, Glendale, Arizona BFT

Professional Designations:

APA Accredited Pension Administrator, National Institute of Pension Administrators.
RIA Register Investment Advisor, Security Exchange Commission
AIFA Accredited Investment Fiduciary Auditor, Center for Fiduciary Studies – fi360.

Work History

Wells Fargo Bank 1966-1974
Union Bank 1974-1979
Alpha & Omega Financial Management Consultants, Inc. 1979-Present

Item 3 Disciplinary Information

There is no legal or disciplinary information to disclose.

Item 4 Other Business Activities

He is not engaged in any other investment related business or occupation. He is not involved in any other business activities that provide what would be considered a substantial source of income.

Item 5 Additional Compensation

He receives an annual salary. There is no additional compensation or bonus based on sales, client referrals or new accounts.

Item6 Supervision

Peter E. Preovolos is Chairman & CEO. He confers with members of Alpha & Omega Financial Management Consultants Inc., his Chief Compliance Officer with regard to the management of client investments. Thanasi Preovolos is the Chief Compliance Officer and can be reached at (619) 696-0520 x 120.

Alpha & Omega Financial Management Consultants, Inc. (A&O) also provides supervisory services in accordance with the supervision requirements of Section 203(e)(6) of the Investment Advisor's Act. Thanasi Preovolos, the Chief Compliance Officer, is primarily responsible for oversight of the compliance policies and procedures.

Item 2 Educational Background and Business Experience – Fiel Barrow

Education:

San Diego State University, Bachelor of Business Administration (BBA)
San Diego State University, Executive Financial Planner Certificate

Professional Designation:

Certified Plan Fiduciary Advisor (CPFA), American Retirement Association

Work History

20/2017-Present	Alpha & Omega Financial Management Consultants, Inc.
3/2016 – 2/2017	RJ Patterson Capital Investment Group, Inc.
3/2015 – 3/2016	DW Advisors DBA RJ Patterson Group
2/2014 – 2/2015	Secure Horizons Investment Counselors
11/2013 – 2/2014	Pacific Sotheby
2/2013 – 11/2013	Battiata Real Estate Group
10/2012 – 2/2013	Sabbatical
6/2011 – 10/2012	Commonwealth Financial
4/2008 – 6/2011	LPL Financial

Item 3 Disciplinary Information

There is no legal or disciplinary information to disclose.

Item 4 Other Business Activities

He is not engaged in any other investment related business or occupation. He is not involved in any other business activities that provide what would be considered a substantial source of income.

Item 5 Additional Compensation

He receives an annual salary. There is no additional compensation or bonus based on sales, client referrals or new accounts.

Item 6 Supervision

Fiel Barrow is supervised by Peter E. Preovolos, Chairman & CEO. He confers with members of Alpha & Omega Financial Management Consultants Inc., his Chief Compliance Officer with regard to the management of client investments. Thanasi Preovolos is the Chief Compliance Officer and can be reached at (619) 696-0520 x 120.

Alpha & Omega Financial Management Consultants, Inc. (A&O) also provides supervisory services in accordance with the supervision requirements of Section 203(e)(6) of the Investment Advisor's Act. Thanasi Prevolos, the Chief Compliance Officer, is primarily responsible for oversight of the compliance policies and procedures