

This brochure supplement provides information about Thomas Carmody that supplements the H&H Retirement Design and Management, Inc. brochure. You should have received a copy of that brochure. Please contact Thomas Carmody if you did not receive H&H Retirement Design and Management, Inc.'s brochure or if you have any questions about the contents of this supplement.

Additional information about Thomas Carmody is also available on the SECs website at www.adviserinfo.sec.gov.

H&H Retirement Design and Management, Inc.

Form ADV Part 2B – Individual Disclosure Brochure

for

Thomas Carmody

Personal CRD Number: 5254727
Investment Adviser Representative

H&H Retirement Design and Management,
Inc. 3755 Breakthrough Way, Ste 101
Las Vegas, NV 89135
(844) 702-1040

t.carmody@hhtba.net

Updated: 11/11/2021

Item 2: Educational background and Business Experience

Name: Thomas Carmody **Born:** 1962

Educational Background and Professional Designations:

Education:

The American College of Finance — 2021

Business background:

10/2021 – Present	Investment Adviser Representative H&H Retirement Design and Management, Inc.
10/2021 – Present	Financial Planner H&H Tax and Business Advisors
01/2014 – 10/2021	Chief Planning Officer Glidepath Advisors
01/2011 – 12/2014	Independent Agent Federal Financial Group
01/2008 – 12/2009	Licensed Financial Consultant National City Bank
01/2006 – 12/2008	Life Insurance Sales Agent New York Life Insurance Company
01/2003 – 12/2006	Loan Officer Amerifirst Mortgage
01/1982 – 12/2003	General Manager/Sales Manager CF Sales

Item 3: Disciplinary Information

There are no legal or disciplinary events that are material to a client's or prospective client's evaluation of this advisory business.

Item 4: Other Business Activities

Thomas Carmody is a licensed insurance agent. From time to time, he will offer clients advice or products from this activity. Clients should be aware that these services pay a commission and involve a possible conflict of interest, as commissionable products can conflict with the fiduciary duties of a registered investment adviser. H&H Retirement Design and Management, Inc. always acts in the best interest of the client; including in the sale of commissionable products to advisory clients. Clients are in no way required to implement the plan through any representative of H&H Retirement Design and Management, Inc. in their capacity as a licensed insurance agent.

Item 5: Additional Compensation

Thomas Carmody does not receive any economic benefit from any person, company, or organization, other than H&H Retirement Design and Management, Inc. in exchange for providing clients advisory services through H&H Retirement Design and Management, Inc..

Item 6: Supervision

As a representative of H&H Retirement Design and Management, Inc., Thomas Carmody is supervised by Kenneth Himmler, the firm's Chief Compliance Officer. Kenneth Himmler is responsible for ensuring that Thomas Carmody adheres to all required regulations regarding the activities of an Investment Adviser Representative, as well as all policies and procedures outlined in the firm's Code of Ethics and compliance manual. The phone number for Kenneth Himmler is (844) 702-1040.