

Konnect Health and Wealth LLC

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February 20, 2026

This Brochure provides information about the qualifications and business practices of Konnect Health and Wealth LLC (“Konnect Health”, “us”, “we”, “our”). If you have any questions about the contents of this Brochure, please contact us at 832-871-3172 or via email at sue@konnecthealthandwealth.com. The information in this Brochure has not been approved or verified by the United States Securities and Exchange Commission (“SEC”) or by any state securities authority.

Additional information about Konnect Health is also available via the SEC’s website www.adviserinfo.sec.gov. You can search this site by using a unique identifying number, known as a CRD number. The CRD number for Konnect Health is 166933. The SEC’s website also provides information about any persons affiliated with Konnect Health who are registered, or are required to be registered, as Investment Adviser Representatives of Konnect Health.

Konnect Health is a Registered Investment Adviser. Registration of an Investment Adviser does not imply any level of skill or training. The oral and written communications of an Adviser provide you with information that you may use to determine whether to hire or retain them.

Item 2 – Material Changes

Since our last annual amendment filing on February 19, 2025, we have made the following change to our ADV Part 2:

- We have updated Item 5 Fees and Compensation

We will ensure that you receive a summary of any material changes to this and subsequent Brochures within 120 days of the close of our business' fiscal year end which is December 31st. We will provide other ongoing disclosure information about material changes as they occur. We will also provide you with information on how to obtain the complete brochure. Currently, our Brochure may be requested at any time, without charge, by contacting Sue Gomez at 832-871-3172.

Item 3 – Table of Contents

- Item 1 – Cover Page 1**
- Item 2 – Material Changes 2**
- Item 3 – Table of Contents 3**
- Item 4 – Advisory Business Introduction 5**
- Services 5**
 - Financial Planning.....6
 - Asset Management.....6
 - Wrap Fee8
 - Assets Under Management8
- Item 5 – Fees and Compensation 8**
 - Financial Planning/Consulting Fees8
 - Asset Management Fee Schedule9
 - Households Below \$500,000 (Flat Fee)10
 - Households \$500,000 and Above (Tiered Breakpoint Schedule).....10
- Item 6 – Performance Based Fee and Side by Side Management 11**
- Item 7 – Types of Client(s)..... 11**
- Item 8 – Methods of Analysis, Investment Strategies and Risk of Loss..... 11**
 - Technical Analysis.....11
 - Fundamental Analysis.....12
 - Risks.....13
- Item 9 – Disciplinary Information 13**
- Item 10 – Other Financial Industry Activities and Affiliations 13**
- Item 11 – Code of Ethics, Participation or Interest in Client Accounts and Personal Trading 13**
 - General Information.....13
 - Participation or Interest in Client Accounts.....14
 - Personal Trading.....14
 - Responsibility15
 - Privacy Statement.....15
 - Conflicts of Interest15
 - Use of Disclaimers15
- Item 12 – Brokerage Practices 15**
 - Soft Dollars15
 - Brokerage for Client Referrals16

Directed Brokerage.....	16
Economic Benefits	16
Item 13 – Review of Accounts	17
Duty to Supervise	17
Reviews.....	18
Reports	18
Item 14 – Client Referrals and Other Compensation.....	18
Item 15 – Custody	18
Standing Letter of Authorization	19
Item 16 – Investment Discretion	19
Item 17 – Voting Client Securities.....	20
Item 18 – Financial Information	20
Item 19 – Requirements for State Registered Advisers	20
Item 1 – Cover Page.....	22
Item 2 – Educational Background and Business Experience	23
Item 3 – Disciplinary History.....	24
Item 4 – Outside Business Activities.....	24
Item 5 – Additional Compensation.....	24
Item 6 – Supervision	24
Item 7 – Requirements for State-Registered Advisers	24

Item 4 – Advisory Business Introduction

Konnect Health and Wealth LLC is a Registered Investment Adviser (“Adviser”) with the state of Texas. Konnect offers investment advice and financial planning services to clients.

We provide investment advice through Investment Adviser Representatives (“Advisor”) associated with us. These individuals are appropriately licensed, qualified, and authorized to provide advisory services on our behalf. In addition, all advisors are required to have a college degree, professional designation, or equivalent professional experience.

Konnect Health and Wealth LLC was founded in 2013 by Sue Bowden Gomez who serves as the sole Managing Member and Chief Compliance Officer. We provide portfolio management and financial planning services to individuals, high net worth individuals, trusts, estates, and small businesses.

We are committed to maintaining the highest standards of integrity and professionalism in our relationship with you, our client. We endeavor to know and understand your financial situation and provide you with only the highest quality information, services, and products to help you reach your goals. We are committed to the precept that by placing the client’s interests first, we will add value to the asset management process and earn the client’s trust and respect. We value long term relationships with our clients whom we regard as strategic partners in our business.

Services

We are a full-service firm committed to helping people pursue their financial goals. We provide various financial planning, portfolio management and asset planning services, with an emphasis on portfolio analysis and management. Our focus is on helping you develop and execute plans that are designed to build and preserve your wealth.

Assets under management may be managed on either a non-discretionary or discretionary basis. If you provide us with discretionary authority, you have given us the authority to determine the following without your consent:

- Securities to be bought or sold for your account
- Amount of securities to be bought or sold for your account
- Broker-dealer to be used for a purchase or sale of securities for your account
- Commission rates to be paid to a broker or dealer for your securities transaction

Should your accounts be managed by us on a non-discretionary basis, we will not have any authority to determine the above without your express consent.

Trading may be required to meet initial allocation targets, after substantial cash deposits that require investment allocation, and/or after a request for a withdrawal that requires liquidation of a position. Additionally, your account may be rebalanced or reallocated periodically in order to reestablish the

targeted percentages of your initial asset allocation. You will be responsible for any and all tax consequences resulting from any rebalancing or reallocation of the account. We are not tax professionals and do not give tax advice. However, we will work with your tax professionals to assist you with tax planning. You will have the opportunity to meet with us periodically, in person, by telephone conference, and/or via written inquiry, to review the assets in your account. We will be reasonably available to help you with questions about your account.

Financial Planning

We provide various financial planning services ranging from hourly consultation and planning, isolated objective or specific goal planning, and comprehensive financial planning. Fee based financial planning is a comprehensive relationship which incorporates many different aspects of your financial status into an overall plan that meets your goals and objectives. The financial planning relationship may consist of face-to-face meetings and ad hoc meetings with your other advisers (attorneys, accountants, etc.).

In performing financial planning services, we typically examine and analyze your overall financial situation, which may include such issues as taxes, insurance needs, overall debt, credit, business planning, retirement savings and reviewing your current investment program. Our services may include Investment Planning, General Financial Planning, Income Tax Planning, College Education Funding, Business Succession Planning, Retirement Planning, Educational Fund Planning, Individual Tax Planning, Risk Management, Estate Planning, Business Planning, Corporate Retirement Planning, Insurance Planning and Employee Benefits Planning. Our services may focus on all or only one of these areas depending upon the scope of our engagement with you.

It is essential that you provide the information and documentation we request regarding your income, investments, taxes, insurance, estate plan, etc. We will discuss your investment objectives, needs and goals and you are obligated to inform us of any changes. We do not verify any information obtained from you, your attorney, accountant or other professionals.

If you engage us to perform these services, you will receive a written agreement detailing the services, fees, terms and conditions of the relationship. You will also receive this Brochure. You are under no obligation to implement recommendations through us. You may implement your financial plan through any financial organization of your choice.

We obtain information from a wide variety of publicly available sources. We do not have any inside private information about any investments that are recommended. All recommendations developed by us are based upon our professional judgment. We cannot guarantee the results of any of our recommendations.

Asset Management

Asset management is the professional management of securities (stocks, bonds and other securities) and assets (e.g., real estate) in order to meet your specified investment goals. With an Asset Management Account, you engage us to assist you in developing a personalized asset allocation program and custom-tailored portfolio designed to meet your unique investment objectives. The investments in the portfolio account may include mutual funds, stocks, bonds, equity options, futures, etc. We do not impose a minimum dollar value on the size of account we will accept.

We will meet with you to discuss your financial circumstances, investment goals and objectives, and to determine your risk tolerance. We will ask you to provide statements summarizing current investments, income and other earnings, recent tax returns, retirement plan information, other assets and liabilities, wills and trusts, insurance policies, and other pertinent information. Based on the information you share with us, we will analyze your situation and recommend an appropriate asset allocation or investment strategy. Our recommendations and ongoing management are based upon your investment goals and objectives, risk tolerance, and investment portfolio. We will monitor the account, trade as necessary, and communicate regularly with you. Your account will be reviewed at least annually. These reviews will be conducted in person, by telephone conference, and/or via a written inquiry/questionnaire. We will work with you on an ongoing basis to evaluate your asset allocation as well as rebalance your portfolio to keep it in line with your goals as necessary.

We will:

- Review your present financial situation
- Monitor and track assets under management
- Advise on asset selection
- Determine market divisions through asset allocation models
- Provide research and information on performance and fund management changes
- Assist you in setting and monitoring goals and objectives
- Provide personal consultations as necessary upon your request or as needed

You need to notify us promptly when your financial situation, goals, objectives, or needs change.

You shall have the ability to impose reasonable restrictions on the management of your account, including the ability to instruct us not to purchase certain mutual funds, stocks or other securities. These restrictions may be a specific company security, industry sector, asset class, or any other restriction you request.

Under certain conditions, securities from outside accounts may be transferred into your advisory account; however, we may recommend that you sell any security if we believe that it is not suitable for the current recommended investment strategy. You are responsible for any taxable events in these instances. Certain assumptions may be made with respect to interest and inflation rates and the use of past trends and performance of the market and economy. Past performance is not indicative of future results.

If you decide to implement our recommendations, we will help you open a custodial account(s). The funds in your account will generally be held in a separate account, in your name, at an independent custodian, not with us. The identity of the custodian will be communicated to you before the account is opened. You will enter into a separate custodial agreement with the custodian. This agreement, among other things, authorizes the custodian to take instructions from us regarding all investment decisions for your account. We will select the securities bought and sold and the amount to be bought and sold, within the parameters of the objectives and risk tolerance of your account. The custodian will effect transactions, deliver securities, make payments and do what we instruct. You are notified of any purchases or sales through

trade confirmations and statements that are provided by the Custodian. These statements list the total value at the start of the period, itemize all transaction activity during the period, and list the types, amounts, and total value of securities held as of the end of the period. You will at all times maintain full and complete ownership rights to all assets held in your account, including the right to withdraw securities or cash, proxy voting and receiving transaction confirmations.

We are available during normal business hours either by telephone, email, or in person, by appointment to answer your questions.

Wrap Fee

We do not sponsor or participate in a third-party sponsored wrap fee program.

Assets Under Management

As of December 31, 2025, we had a total of \$52,950,636 in discretionary assets under management.

Item 5 – Fees and Compensation

We provide asset management and financial planning services for a fee. Our fees do not include brokerage commissions, transaction fees, and other related costs and expenses. You may incur certain charges imposed by custodians, third party investment companies and other third parties. These include fees charged by managers, custodial fees, deferred sales charges, odd-lot differentials, transfer taxes, wire transfer and electronic fund fees, and other fees and taxes on brokerage accounts and securities transactions. Mutual funds, money market funds and exchange-traded funds (ETFs) also charge internal management fees, which are disclosed in the fund's prospectus. These fees may include, but are not limited to, a management fee, upfront sales charges, and other fund expenses. We do not receive any compensation from these fees. All of these fees are in addition to the management fee you pay us. You should review all fees charged to fully understand the total amount of fees you will pay. Services similar to those offered by us may be available elsewhere for more or less than the amounts we charge.

You could invest in a mutual fund directly, without our services. In that case, you would not receive the services provided by us which are designed, among other things, to assist you in determining which mutual fund or funds are most appropriate to your financial condition and objectives.

Either party may terminate the relationship with a thirty (30) day written notice. Upon termination of any account, any prepaid fees that are in excess of the services performed will be promptly refunded to you. Any fees that are due, but have not been paid, will be billed to you and are due immediately.

Financial Planning/Consulting Fees

Based upon your needs we can provide hourly financial planning, isolated objective or specific goal financial planning, and comprehensive financial planning.

The following fee schedule applies for financial planning services:

Type of Service	Fee
Hourly Planning	\$200 / hour
Isolated/Goal Based Financial Plan	\$1,000 Flat Fee
Comprehensive Financial Plan	\$3,500 Flat Fee

Fees are negotiable and may be discounted based upon other services we may provide for you such as asset management services.

The Financial Planning Agreement will show the fee you will pay. Hourly fees, project fees and retainer fees are charged in advance and are non-refundable. In the event that you cancel the financial consultation agreement, you will be responsible for the actual hours spent preparing the financial plan, up to the cancellation date, at the agreed upon hourly rate.

A deposit of 50% of the fee is due at the time the agreement is signed. The remainder of the fee is due upon presentation of an investment plan or the rendering of consulting services. Investment plans will be presented to you within 120 days of the contract date, provided that all information needed to prepare the investment plan has been promptly provided to us. The financial planning agreement will terminate once you receive the final plan or recommendations.

All recommendations developed by us are based upon our professional judgment. We cannot guarantee the results of any of our recommendations.

Asset Management Fee Schedule

We do not require a minimum opening account balance. Multiple accounts of immediately-related family members, at the same mailing address, may be considered one consolidated account for billing purposes. The quarterly fee may be charged for the total of all of the accounts comprising the consolidated account. The fee may be billed to each individual account or the total billed to one selected Client account based on arrangements you have made with us. Fees are charged quarterly, in advance. Payments are due and will be assessed on the first day of each quarter, based on the ending balance of the account under management for the preceding quarter.

Our usual asset management fee will be calculated on the gross amount of assets under management based upon the ending quarterly balance of your account(s). You will be billed one quarter of this amount on a quarterly basis in advance. No increase in the annual fee shall be effective without prior written notification to you.

Fees as of January 1, 2026.

Households Below \$500,000 (Flat Fee)

For household relationships with **billable AUM below \$500,000**, the advisory fee is assessed at a **flat annual rate of 1.25%**. This fee is not subject to breakpoints and applies to the full amount of billable AUM for such household relationships, unless otherwise agreed to in writing.

Households \$500,000 and Above (Tiered Breakpoint Schedule)

For household relationships with **billable AUM of \$500,000 or greater**, advisory fees are assessed on a **tiered, marginal breakpoint basis** according to the following schedule:

Asset Tier (Billable AUM)	Annual Advisory Fee
\$0 – \$2,000,000	1.00%
\$2,000,001 – \$5,000,000	0.85%
\$5,000,001 – \$10,000,000	0.65%
\$10,000,001 – \$50,000,000	0.40%

Under this marginal breakpoint structure, each fee rate applies only to assets within the applicable tier, rather than a single blended rate applied to all billable AUM.

Capital Group Fees

For accounts held at Capital Group, home of American Funds only, fees will be calculated in arrears by applying the firm’s fee schedule described above to the eligible account’s average daily balance. The Capital Group accounts will be billed separately and not consolidated with other accounts.

The following fee schedule applies to Capital Group accounts only:

Quarter End Client Cumulative Plan Asset Value	Fee
\$0 - \$999,999.99	125 basis points
\$1,000,000.00 and above	100 basis points

ASPIre 403(b) Fees

ASPIre retirement fund account(s) are billed quarterly in arrears based on the ending balance at the end of each quarter. The fee charged is 1.1%

We believe our advisory fee is reasonable considering the fees charged by other investment advisers offering similar services/programs. The fees we charge will be deducted directly from your account at the

custodian. Under certain circumstances, advisory fees may be negotiable based upon prior relationships as well as related account holdings.

Certain strategies offered by us involve investment in mutual funds. Load and no load mutual funds may pay annual distribution charges, sometimes referred to as “12(b)(1) fees”. These 12(b)(1) fees come from fund assets, and thus indirectly from clients’ assets. We do not receive any compensation from these fees. The 12(b)(1) fee, deferred sales charges and other fee arrangements will be disclosed upon your request and are typically described in the applicable fund’s prospectus.

Your account at the custodian may also be charged for certain additional assets managed for you by us but not held by the Custodian (i.e. variable annuities, mutual funds, 401(k)s).

Item 6 – Performance Based Fee and Side by Side Management

We do not charge any performance-based fees. These are fees based on a share of capital gains on or capital appreciation of the assets of a client.

Item 7 – Types of Client(s)

We provide portfolio management and financial planning services to individuals, high net worth individuals, trusts, estates and small businesses.

Item 8 – Methods of Analysis, Investment Strategies and Risk of Loss

We use fundamental analysis, technical analysis, and Modern Portfolio Theory as part of our overall investment management discipline; the implementation of these analyses as part of our investment advisory services to you may include any, all or a combination of the following:

Technical Analysis

Technical Analysis is a technique that attempts to determine a security’s value by developing models and trading rules based upon price and volume transformation. Technical analysis assumes that a market’s price reflects all relevant information so the analysis focuses on the history of a security’s trading behavior rather than external drivers such as economic, fundamental and news events. The practice of technical analysis incorporates the importance of understanding how market participants perceive and act upon relevant information rather than focusing on the information itself. Ultimately, technical analysts develop trading models and rules by evaluating factors such as market trends, market participant behaviors, supply and demand and pricing patterns and correlations.

In order to perform technical analysis, we may use any or all of the following techniques:

- Supply and demand indicators
- Charting and chart patterns
- Relative strength of markets, sectors, and securities

- Investor behavior and psychology
- Calculate moving averages
- Stochastic oscillators, which incorporate support and resistance levels to determine momentum

The investment strategies we use to implement any investment advice given to you include, but are not limited to:

- Long-term purchases – securities held at least a year
- Short-term purchases – securities sold within a year
- Trading – securities sold within 30 days

As with other types of analysis, the predictive nature of technical analysis can vary greatly; models and rules are often modified and updated as new patterns and behaviors develop. Past performance is not an indicator of future return.

Fundamental Analysis

Fundamental analysis is a technique that attempts to determine a security's value by focusing on the underlying factors that affect a company's actual business and its future prospects. Fundamental analysis is about using real data to evaluate a security's value. It refers to the analysis of the economic well-being of a financial entity as opposed to only its price movements.

Fundamental analysis serves to answer questions, such as:

- Is the company's revenue growing?
- Is it actually making a profit?
- Is it in a strong-enough position to beat out its competitors in the future?
- Is it able to repay its debts?

We use a combination of qualitative and quantitative factors to try and find stocks that are undervalued. We look at both macroeconomic factors such as the overall economy and industry conditions and company-specific factors such as financial condition and management. However, no analysis is complete without taking into account brand recognition and other qualitative factors.

The end goal of performing fundamental analysis is to produce a value that we can compare with the security's current price, with the aim of figuring out what sort of position to take with that security (underpriced = buy, overpriced = sell or short).

In order to perform fundamental analysis, we may use many resources, such as:

- Morningstar
- Financial newspapers and magazines (e.g. Wall Street Journal, Forbes, etc.)
- Annual reports, prospectuses, filings with the Securities and Exchange Commission
- Research materials prepared by others
- Company press releases

- Company websites

The investment strategies we use to implement any investment advice given to you include, but are not limited to:

- Long-term purchases – securities held at least a year
- Short-term purchases – securities sold within a year
- Trading – securities sold within 30 days
- Short sales

Risks

We cannot guarantee our analysis methods will yield a return. In fact, a loss of principal is always a risk. Investing in securities involves a risk of loss that you should be prepared to handle. You need to understand that investment decisions made for your account by us are subject to various market, currency, economic, political and business risks. The investment decisions we make for you will not always be profitable nor can we guarantee any level of performance. For a more comprehensive description of all the risks associated with our strategies, methodology, and products please refer to the glossary under Risks.

Item 9 – Disciplinary Information

Registered Investment Advisers are required to disclose all material facts regarding any legal or disciplinary events that would be material to your evaluation of us or the integrity of our management. We have no information to disclose here about the firm or any of our investment advisors. We adhere to high ethical standards for all advisers and associates. We strive to do what is in your best interests.

Item 10 – Other Financial Industry Activities and Affiliations

As of September 2023, Sue Bowden Gomez is dually registered as an Investment Advisor Representative at Luther King Capital Management Corp. This position accounts for 50% of her time.

Item 11 – Code of Ethics, Participation or Interest in Client Accounts and Personal Trading

General Information

We have adopted a Code of Ethics for all supervised persons of the firm describing its high standards of business conduct, and fiduciary duty to you, our client. The Code of Ethics includes provisions relating to the confidentiality of client information, a prohibition on insider trading, a prohibition of rumor mongering, restrictions on the acceptance of significant gifts, the reporting of certain gifts and business

entertainment items, and personal securities trading procedures. All of our supervised persons must acknowledge the terms of the Code of Ethics annually, or as amended.

Participation or Interest in Client Accounts

We may recommend securities to you that we have purchased for our own accounts. We may trade securities in our account that we have recommended to you as long as our orders are placed in a manner that prevents us from benefiting as a result of transactions placed in advisory accounts.

The following acts are prohibited:

- Employing any device, scheme or artifice to defraud
- Making any untrue statement of a material fact
- Omitting to state a material fact necessary in order to make a statement, in light of the circumstances under which it is made, not misleading
- Engaging in any fraudulent or deceitful act, practice or course of business
- Engaging in any manipulative practices
- Participating in Client accounts

You may request a copy of the firm's Code of Ethics by contacting Sue Bowden Gomez.

Personal Trading

We have established the following restrictions in order to ensure our fiduciary responsibilities to you are met:

- No securities for our personal portfolio(s) shall be bought or sold where this decision is substantially derived, in whole or in part, from the role of Investment Advisory Representative(s) of Konnect Health and Wealth LLC, unless the information is also available to the investing public on reasonable inquiry. In no case, shall we put our own interests ahead of yours.
- Certain affiliated accounts may trade in the same securities with your accounts on an aggregated basis when consistent with our obligation of best execution. When trades are aggregated, all parties will share the costs in proportion to their investment. We will retain records of the trade order (specifying each participating account) and its allocation. Any exceptions will be on the order.
- Some securities trade in sufficiently broad markets to permit transactions by clients to be completed without an appreciable impact on the markets of the securities.
- Open-end mutual funds and/or investment sub-accounts which may comprise a variable insurance product are purchased or redeemed at a fixed net asset value. Therefore, purchases of these products by an advisor are not likely to have an impact on the prices of the fund in which you invest. These types of transactions are not prohibited and are exempt from monitoring.
- Orders may not be placed in a way which provides a benefit to the adviser for the purchase or sale of a security.

Under certain circumstances, exceptions may be made to the policies stated above. Records of these trades, including the reasons for the exceptions, will be maintained with our records as required.

Responsibility

It is the responsibility of all supervisory personnel to ensure that we conduct business with the highest level of ethical standards and in keeping with our fiduciary duties to you. We must put your interests first and refrain from having outside interests that conflict with your interests.

Privacy Statement

We are committed to safeguarding your confidential information and hold all personal information provided to us in the strictest confidence. These records include all personal information that we collect from you or receive from other firms in connection with any of the financial services they provide. We also require other firms with whom we deal with to restrict the use of your information. Our Privacy Policy is available upon request.

Conflicts of Interest

We act in a fiduciary capacity as required by SEC and state Regulations. If a conflict of interest arises between us and you, we shall make every effort to resolve the conflict in your favor. Conflicts of interest may also arise in the allocation of investment opportunities among the accounts that we advise. We will seek to allocate investment opportunities according to what we believe is appropriate for each account. We also adhere to the fiduciary standards of ERISA for all ERISA accounts. We adhere to the Impartial Conduct Standards which includes the "best interest" standard, reasonable compensation and no misrepresentation of information. We have policies and procedures in place to monitor our adherence to our fiduciary obligation. We strive to do what is in the best interests of all the accounts we advise.

Use of Disclaimers

We shall not attempt to limit liability for willful misconduct or gross negligence through the use of disclaimers.

Item 12 – Brokerage Practices

Soft Dollars

Some custodians may provide us with certain brokerage and research products and services that qualify as "brokerage or research services" under Section 28(e) of the Securities Exchange Act of 1934 ("Exchange Act"). These research products and/or services will assist the Advisor in its investment decision making process. Such research generally will be used to service all of the Advisor's clients, but brokerage commissions paid by the client may be used to pay for research that is not used in managing the client's account. The account may pay to a broker-dealer a commission greater than another qualified broker-dealer might charge to effect the same transaction where the Advisor determines in good faith that the commission is reasonable in relation to the value of the brokerage and research services received.

There may be other benefits from recommending a custodian such as software and other technology that (i) provide access to client account data (such as trade confirmations and account statements); (ii) facilitate trade execution and allocate aggregated trade orders for multiple client accounts; (iii) provide

research, pricing and other market data; (iv) facilitate payment of fees from its clients' accounts; and (v) assist with back-office functions, recordkeeping and client reporting.

Other services may include, but are not limited to, performance reporting, financial planning, contact management systems, third party research, publications, access to educational conferences, roundtables and webinars, practice management resources, access to consultants and other third party service providers who provide a wide array of business related services and technology with whom Konnect Health and Wealth LLC may contract directly. Konnect Health and Wealth LLC may receive seminar expense reimbursements from product sponsors which may be based on the sales of products to their clients.

Brokerage for Client Referrals

We do not receive any compensation or incentive for referring you to broker-dealers for brokerage trades.

Directed Brokerage

Not all advisory firms require you to direct brokerage to a specific broker/dealer. We have an obligation to seek best execution for you. In seeking best execution, the determinative factor is not the lowest possible commission cost but whether the transaction represents the best qualitative execution, taking into consideration the full range of a broker-dealer's services, including the value of research provided, execution capability, commission rates, and responsiveness. Therefore, we will seek competitive commission rates, but we may not obtain the lowest possible commission rates for account transactions.

We have relationships with custodians with whom you may custody your investments accounts; we typically recommend Charles Schwab & Co, Inc. By directing brokerage to a specific Broker-Dealer, you may pay higher fees or transaction costs than those obtainable by other broker-dealers. In most cases, we believe you are paying a discounted and reasonable rate. You may pay higher or lower fees if you select another broker-dealer. Generally, we will not negotiate lower rates below the rates established by the executing broker-dealer for this type of directed brokerage account, unless we believe that such rate is unfair or unreasonable for the size and type of transaction. We believe that the Broker-Dealers we have relationships with charge industry standard commissions on transactions they handle for us.

Transactions for each client account generally will be effected independently, unless we decide to purchase or sell the same securities for several clients at approximately the same time. We may (but are not obligated to) combine or "batch" such orders to obtain best execution, to negotiate more favorable commission rates or to allocate equitably among our clients' differences in prices and commission or other transaction costs. Under this procedure, transactions will be price-averaged and allocated among our clients in proportion to the purchase and sale orders placed for each client account on any given day.

Economic Benefits

We may recommend/require that clients establish brokerage accounts with the Schwab Advisor Services division of Charles Schwab & Co., Inc. (Schwab), a registered broker-dealer, member SIPC, to maintain custody of clients' assets and to effect trades for their accounts. The final decision to custody assets with Schwab is at the discretion of the Advisor's clients, including those accounts under ERISA or IRA rules and regulations, in which case the client is acting as either the plan sponsor or IRA accountholder. Konnect is independently owned and operated and not affiliated with Schwab. Schwab provides us with access to its

institutional trading and custody services, which are typically not available to Schwab retail investors. Schwab's services include brokerage services that are related to the execution of securities transactions, custody, research, including that in the form of advice, analyses and reports, and access to mutual funds and other investments that are otherwise generally available only to institutional investors or would require a significantly higher minimum initial investment.

For our client accounts maintained in its custody, Schwab generally does not charge separately for custody services but is compensated by account holders through commissions or other transaction-related or asset-based fees for securities trades that are executed through Schwab or that settle into Schwab accounts.

Schwab also makes available to Konnect other products and services that benefit us but may not benefit its clients' accounts. These benefits may include national, regional or specific educational events organized and/or sponsored by Schwab Advisor Services. Other potential benefits may include occasional business entertainment of personnel of Konnect by Schwab Advisor Services personnel, including meals, invitations to sporting events, including golf tournaments, and other forms of entertainment, some of which may accompany educational opportunities. Other of these products and services assist Konnect in managing and administering clients' accounts. These include software and other technology (and related technological training) that provide access to client account data (such as trade confirmations and account statements), facilitate trade execution (and allocation of aggregated trade orders for multiple client accounts), provide research, pricing information and other market data, facilitate payment of our fees from its clients' accounts, and assist with back-office training and support functions, recordkeeping and client reporting. Many of these services generally may be used to service all or some substantial number of our accounts, including accounts not maintained at Schwab Advisor Services. Schwab Advisor Services also makes available to us other services intended to help Konnect manage and further develop its business enterprise. These services may include professional compliance, legal and business consulting, publications and conferences on practice management, information technology, business succession, regulatory compliance, employee benefits providers, human capital consultants, insurance and marketing. In addition, Schwab may make available, arrange and/or pay vendors for these types of services rendered to Konnect by independent third parties. Schwab Advisor Services may discount or waive fees it would otherwise charge for some of these services or pay all or a part of the fees of a third-party providing these services to us. While, as a fiduciary, Konnect endeavors to act in its clients' best interests, our recommendation/requirement that clients maintain their assets in accounts at Schwab may be based in part on the benefit to Konnect of the availability of some of the foregoing products and services and other arrangements and not solely on the nature, cost or quality of custody and brokerage services provided by Schwab, which may create a potential conflict of interest.

Item 13 – Review of Accounts

Duty to Supervise

We are responsible for ensuring adequate supervision over the activities of all persons who act on our behalf. Specific duties include:

- Establish procedures that could be reasonably expected to prevent and detect violations of law by our advisory personnel
- Analyze operations and create a system of controls to ensure compliance with applicable securities laws
- Ensure that all advisory personnel fully understand the Company's policies and procedures
- Establish a review system designed to provide reasonable assurance that our policies and procedures are effective and being followed

Reviews

Reviews will be conducted by us at least annually or as agreed to by us. You may request more frequent reviews and may set thresholds for triggering events that would cause a review to take place. Generally, we will monitor for changes and shifts in the economy, changes to the management and structure of a mutual fund or company in which client assets are invested, and market shifts and corrections.

Reports

You will be provided with account statements reflecting the transactions occurring in the account on at least a quarterly basis. These statements will be written or electronic depending upon what you selected when you opened the account. You will be provided with confirmations (either in electronic or paper format) for each securities transaction executed in the account. You are obligated to notify us of any discrepancies in the account(s) or any concerns you have about the account(s).

We will also provide you with statements that describe the fees charged to your account and how they were calculated. You need to notify us of any discrepancies between our statements and the ones you receive from the custodian.

Item 14 – Client Referrals and Other Compensation

We do not receive any compensation for referring clients to another advisor nor do we pay any compensation to another advisor if they refer clients to us.

Item 15 – Custody

We do not have physical custody of any accounts or assets. However, we may be deemed to have custody of your account(s) if we have the ability to deduct your quarterly fees from the custodian. We have arrangements with various custodians to act as the custodian and/or broker-dealer for all your accounts. You should receive at least quarterly statements from the broker-dealer or custodian that holds and maintains your investment assets. We urge you to carefully review such statements and compare this official custodial record to the account statements that we may provide to you.

We do not debit the client fees directly from your advisory account. We instruct the custodian to directly charge and debit fees from your account, which are then forwarded to us. You should receive at least quarterly statements from the custodian that holds and maintains your investment assets.

For taxable accounts, the Custodian will provide you with consolidated year-end summary statements including IRS forms 1099 and other tax-related forms, as applicable. We are not allowed to make alterations or amendments to the custodian's statement. This preserves the integrity of the Custodian's statement and provides you with an independent appraisal of the account.

Standing Letter of Authorization

Konnect Health is deemed to have custody of client funds or securities as a result of maintaining standing letters of authorization (SLOA) for the purpose of distributing funds from a client's account. For those accounts in which we have the ability to initiate distributions from a client's account, via journal, ACH or wire to a third party, which is an account held in the name of someone other than the client, we will ensure the following conditions have been met in order for us to be in compliance with SEC and State Custody Rules and ensure the safe keeping of our client's funds:

1. The client provides an instruction to the qualified custodian, in writing, that includes the client's signature, the third party's name, and either the third party's address or the third party's account number at a custodian to which the transfer should be directed.
2. The client authorizes the investment adviser, in writing, either on the qualified custodian's form or separately, to direct transfers to the third party either on a specified schedule or from time to time.
3. The client's qualified custodian performs appropriate verification of the instruction, such as a signature review or other method to verify the client's authorization, and provides a transfer of funds notice to the client promptly after each transfer.
4. The client has the ability to terminate or change the instruction to the client's qualified custodian.
5. The investment adviser has no authority or ability to designate or change the identity of the third party, the address, or any other information about the third party contained in the client's instruction.
6. The investment adviser maintains records showing that the third party is not a related party of the investment adviser or located at the same address as the investment adviser.
7. The client's qualified custodian sends the client, in writing, an initial notice confirming the instruction and an annual notice reconfirming the instruction.

Item 16 – Investment Discretion

If you elect, we will receive discretionary authority from you at the beginning of our advisory relationship to select the identity and amount of securities to be bought or sold. This information is described in the Advisory Agreement you sign with us. In all cases, however, this discretion is exercised in a manner consistent with your stated investment objectives for your account.

When selecting securities and determining amounts, we observe the investment policies, limitations and restrictions you have set. We require that any investment guidelines and/or restrictions you wish to place be provided to us in writing.

Should you elect not to grant us discretionary authority, we have no authority from you to select the type of securities and amount of securities to be bought or sold without your prior express consent. The Advisory Agreement details this in full.

Item 17 – Voting Client Securities

As a matter of firm policy and practice, we do not have any authority to and do not vote proxies on behalf of advisory clients. You retain the responsibility for receiving and voting proxies for any and all securities maintained in your portfolios. We may provide advice to you regarding your voting of proxies. We are authorized to instruct the Custodian to forward you copies of all proxies and shareholder communications relating to your account assets.

Item 18 – Financial Information

We are required to provide you with certain financial information or disclosures about our financial condition. We have no financial commitment that would impair our ability to meet any contractual and fiduciary commitments to you, our client. We have not been the subject of any bankruptcy proceedings. In no event shall we charge advisory fees that are both in excess of five hundred dollars and more than six months in advance of advisory services rendered.

Item 19 – Requirements for State Registered Advisers

Firm Principals

There is one principal of Konnect Health and Wealth LLC, Sue Bowden Gomez. She is the sole Member and CCO and was born in 1963. Her information is as follows:

Part A

Education

Bachelor of Science, Magna Cum Laude, 1985
Springfield College, Springfield, MA

Business History

September 2023– Present	Investment Advisor Representative at Luther King Capital Management Corp.
March 2013 – Present	Principal Manager and CCO at Konnect Health and Wealth LLC.
July 2008 – February 2013	Registered Representative and Investment Advisor Representative at Signal Securities, Inc.

February 1986 – July 2008

Registered Representative at First Investors Corporation

Part B

As noted in item 10 “Other Financial Industry Activities and Affiliations” above, Sue Bowden Gomez is dually registered as an Investment Advisor Representative at Luther King Capital Management Corp. This position accounts for 50% of her time.

Part C

We do not charge a performance-based fee (fee based on a share of capital gains on, or capital appreciation of, the assets of a client) for asset management accounts.

Part D

Neither Konnect Health and Wealth LLC nor Sue Bowden Gomez has disciplinary history to disclose.

Part E

Neither Konnect Health and Wealth LLC nor Sue Bowden Gomez has any relationship with any issuer of securities.

Item 1 – Cover Page

Susan (“Sue”) Bowden Gomez

Konnect Health and Wealth LLC.

1428 Strada Curva

New Braunfels, TX 78132

832-871-3172

February 20, 2026

This brochure supplement provides information about Sue Bowden Gomez and supplements the Konnect Health and Wealth LLC brochure. You should have received a copy of that brochure. Please contact Sue Bowden Gomez if you did not receive the brochure or if you have any questions about the contents of this supplement.

Additional information about Sue Bowden Gomez is available on the SEC’s website at www.adviserinfo.sec.gov.

Item 2 – Educational Background and Business Experience

Education

Bachelor of Science, Magna Cum Laude 1985
Springfield College, Springfield, MA

Designations

CFP® 2005
The American College Bryn Mawr, PA

Minimum Designation Requirements

Certified Financial Planner™ (CFP®)

The CERTIFIED FINANCIAL PLANNER™, CFP® and CFP® (with flame design) marks are certification marks owned by Certified Financial Planner Board of Standards, Inc. (“CFP Board”) in the United States, which authorizes their use by individuals who successfully complete CFP Board’s initial and ongoing certification requirements.

The CFP® certification is a voluntary certification; no federal or state law or regulation requires financial planners to hold CFP® certification. The certification is recognized in the United States and in many other countries for its high standard of professional education, examination, experience, and ethics requirements.

To become a CFP® professional, an individual must satisfy the following requirements:

Education – Complete a CFP Board-registered education program that covers the financial planning subject areas that CFP Board has determined are necessary for the competent and professional delivery of financial planning services, and hold a bachelor’s degree or higher from an accredited college or university.

Examination – Pass the comprehensive CFP® Certification Examination, which tests an individual’s ability to apply financial planning knowledge to real-world client situations.

Experience – Complete 6,000 hours of professional experience related to the financial planning process, or 4,000 hours through an apprenticeship pathway that meets additional requirements.

Ethics – Agree to abide by CFP Board’s Code of Ethics and Standards of Conduct.

To maintain the right to continue using the CFP® marks, CFP® professionals must complete 30 hours of continuing education every two years, including two hours of ethics education, and must continue to adhere to CFP Board’s ethical standards.

CFP® professionals who fail to comply with these standards and requirements may be subject to CFP Board’s disciplinary process, which may result in suspension or permanent revocation of certification.

Business History

September 2023– Present	Investment Advisor Representative at Luther King Capital Management Corp.
February 2013 – Present	Managing Member and CCO at Konnect Health and Wealth LLC
July 2008 – February 2013	Registered Representative and Investment Adviser Representative at Signal Securities, Inc.
February 1986 – July 2008	Registered Representative at First Investors Corporation

Item 3 – Disciplinary History

Neither Sue Bowden Gomez nor Konnect Health and Wealth LLC has disciplinary history to disclose.

Item 4 – Outside Business Activities

As noted in item 10 “Other Financial Industry Activities and Affiliations” above, Sue Bowden Gomez is dually registered as an Investment Advisor Representative at Luther King Capital Management Corp. This position accounts for 50% of her time.

Item 5 – Additional Compensation

Sue Bowden Gomez does not receive any additional compensation for providing advisory services.

Item 6 – Supervision

Sue Bowden Gomez is the CCO and performs all supervisory duties for her firm.

Item 7 – Requirements for State-Registered Advisers

Sue Bowden Gomez has no reportable events to disclose here.

Performance Fees

We do not charge a performance-based fee (fees based on a share of capital gains on, or capital appreciation of, the assets of a client) for our normal asset management accounts.

Other Relationships

Neither the firm nor Sue Bowden Gomez has any relationship with any issuer of securities.