

PIMCO Funds & Allianz Funds Individual Retirement Account

Distribution Form

Allianz Global Investors Distributors LLC
1345 Avenue of the Americas
New York, NY 10105
(800) 426-0107

the 1990s, the number of people with a mental health problem has increased in the UK. The prevalence of mental health problems has increased from 10% in 1990 to 15% in 2000 (Mental Health Foundation 2002). The prevalence of mental health problems has also increased in other countries (Mental Health Foundation 2002).

The prevalence of mental health problems has increased in the UK because of a number of factors. One of the main factors is the increase in the number of people who are taking medication for mental health problems. The number of people taking medication for mental health problems has increased from 1.5 million in 1990 to 2.5 million in 2000 (Mental Health Foundation 2002).

Another factor is the increase in the number of people who are seeking help for mental health problems. The number of people seeking help for mental health problems has increased from 1.5 million in 1990 to 2.5 million in 2000 (Mental Health Foundation 2002).

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PIMCO Funds & Allianz Funds IRA Distribution Form

This form is to be used for IRA, Roth IRA, SIMPLE IRA, SEP IRA, and SAR-SEP IRA distributions. You must complete and sign this form to obtain a distribution. Failure to complete this form properly may result in a delay in processing your request.

Send to: Allianz Global Investors Distributors LLC, P.O. Box 8050, Boston, MA 02266-8050.

A. IRA Owner Information

Name	Social Security Number	IRA Account Number
Address		/ / Date of Birth
City	State	Zip
Country of permanent Address, if not a U.S. Citizen ()		
Primary Phone		

B. IRA Beneficiary or Inherited IRA Owner Information

Name	Social Security Number	IRA Account Number
Address		/ / Date of Birth
City	State	Zip
Country of permanent Address, if not a U.S. Citizen ()		
Primary Phone		

Beneficiary's Status: Spouse Nonspouse

C. Reason For Distribution

Option 1 Distribution from a Traditional, SEP, SAR SEP or SIMPLE IRA.

Indicate Reason for Distribution

- Premature Distribution (no known exception)
If this is a SIMPLE IRA Distribution, have at least 2 years elapsed since the first contribution under your employer's SIMPLE IRA plan. Yes No
- Divorce (attach a certified copy of the divorce decree or separation agreement)
- Series of substantially equal periodic payments under Internal Revenue Code Sec. 72(t)
- Disability as defined under Internal Revenue Code Sec. 72(t)(m)(7)
- Death: You must provide a certified copy of the decedent's death certificate. A photocopy is not acceptable. (Additional documents may be needed)
- Age 59½ or older (including required minimum distributions)
- Recharacterization
For what year was the contribution made?
 Current Year Prior Year*
Contribution Amount Recharacterized \$ _____
Earnings Attributable to Recharacterized Contribution: \$ _____
- Return of Excess Contribution Plus Earnings
For what year was the contribution made?
 Current Year Prior Year*
Excess Contribution Amount: \$ _____
Earnings Attributable to Excess: \$ _____
- Direct Rollover to an Eligible Employer-Sponsored Plan
(Letter of Acceptance from new custodian is necessary)
- Other (Explain): _____

Option 2 Distribution from a ROTH IRA

Has the 5-year holding period been met. Yes No

Indicate Reason for Distribution

- Premature Distribution (no known exception)
- Divorce (attach a certified copy of the divorce decree or separation agreement)
- Disability as defined under Internal Revenue Code Sec. 72(t)(m)(7)
- Death: You must provide a certified copy of the decedent's death certificate. A photocopy is not acceptable. (Additional documents may be needed)
- Age 59½ or older
- Recharacterization
For what year was the contribution made?
 Current Year Prior Year*
Contribution Amount Recharacterized \$ _____
Earnings Attributable to Recharacterized Contribution: \$ _____
- Return of Excess Contribution Plus Earnings
For what year was the contribution made?
 Current Year Prior Year*
Excess Contribution Amount: \$ _____
Earnings Attributable to Excess: \$ _____
- Other (Explain): _____

D. Distribution Amount

Check one: Lump sum distribution Cash Dividends Periodic distribution Partial Distribution

(Special Election Options for Traditional, SEP, SARSEP and SIMPLE IRA Owners in 70 1/2 Year or Later):

- Please make a one-time withdrawal of my required minimum distribution for this year _____.
- Please have my required minimum distribution for this year _____ calculated by the Trustee/Custodian and distributed to me in equal installments.
- Please have my required minimum distribution for this year _____ and all future years calculated by the Trustee/Custodian and distributed to me in equal installments.

For periodic distributions:

Specify frequency by checking one: Monthly Quarterly Semiannual Annual

Fund(s) and Account Number(s) **\$ Amount or % from each account**

1 _____

2 _____

3 _____

4 _____

Date to begin periodic distribution: _____ (Specify the day of the month for distribution)

E. Method of Payment

Check the appropriate option:

- Send to address listed on the account Send to alternate address listed below (a Medallion Signature Guarantee is required):

Street _____ City _____ State _____ Zip _____

- Transfer to existing account number: _____
- Transfer to new account in fund: _____ (Provide the appropriate Account Application)
- Send to my bank using FundLink (If not established, please complete FundLink Application) The FundLink Application requires a Medallion Signature Guarantee.

F. Tax Withholding

I have reviewed the below "Withholding Notice". I understand my withholding election or default from this form stays in effect for all future distributions (if applicable) until I change it in writing. If a CDSC applies, it will be charged to the account before the distribution is taken out and before tax withholding is applied to the distribution.

Federal Tax Withholding

I understand that 10% of my distribution will be withheld for Federal Income Tax unless I make a different election below. No tax will be withheld from a Roth IRA absent a specific instruction to withhold.

- I elect **NOT** to have federal income tax withheld.
- Please withhold federal income tax at the following percentage: _____ % (whole percentage only)

State Tax Withholding

Check one of the following boxes indicating whether you wish to have state income taxes withheld. State tax withholding may apply if you do not check a box below. Also, some states do not offer state tax withholding. Refer to the instructions for specific information concerning your state.

- I elect **NOT** to have state income tax withheld.
- I elect to withhold state taxes at the rate of _____ % (whole percentage only)

NOTE: You are urged to discuss distributions from a Roth IRA with your tax advisor before making a withholding election. Many Roth IRA distributions are partially or wholly nontaxable.

Withholding Notice

Your most current election remains in effect until you change it in writing. You may change your current withholding election at any time by providing new written instructions to the custodian by submitting a new Distribution Form.

Federal Tax Withholding

Distributions from your IRA are subject to federal income tax withholding in the amount of 10% unless you elect not to have withholding apply. Distributions from Roth IRA are not subject to income tax withholding unless you elect to have withholding apply.

State Tax Withholding

If federal income tax withholding is applied to your distribution, your state may also require state income taxes to be withheld. Laws regarding tax withholding are subject to change at any time without notice. Please see your tax advisor for additional information. Depending on your state of residency, the following rules apply:

If your state of residence has:	Your options for state tax withholding are:
Mandatory State Withholding	If you elect federal tax withholding, state tax withholding <u>will</u> be applied, and will be calculated based on your state's applicable minimum requirements. You may also elect a specific percentage, however, your requested amount must be equal or greater than your state's minimum withholding requirement, otherwise we will apply your state's applicable minimum withholding requirement.
Non-Participatory State Withholding	You may not elect state tax withholding. State tax withholding is <u>not available</u> even if your state has income taxes
Voluntary State Withholding	You may elect voluntary state income tax withholding. You must provide a specific percentage to be applied for state tax withholding.

Regardless of whether you elect to have federal, and if applicable, state tax withholding apply, you are liable for the payment of federal income tax, any state or local taxes, and any penalties which may apply to your distribution. You also may be subject for tax penalties under the estimated tax payment rules if your estimated tax payments and withholding are not adequate. IRS Publication 505 should be reviewed, especially by new retirees.

G. Signature

I certify under penalty of perjury that the Social Security/taxpayer identification number listed on the reverse is my correct taxpayer identification number, and that I have not been notified by the Internal Revenue Service that I am subject to backup withholding. If a non-resident alien: I certify that I am not a U.S. citizen, and (1) do not expect to be in the U.S. for 183 days each calendar year and I will not conduct business in the U.S. which would receive any gains from the fund, or (2) I am exempt under an income tax treaty. (You must attach a Form 1001 (Reduced Rate Certificate) if you are a non-resident alien.) I am aware of the tax consequences associated with my request and certify that I have read the notice below.

Signature of Account Owner or Beneficiary (if applicable)

Date

A Medallion Signature Guarantee must be provided on all requests for distributions that are to be mailed to an address other than the address of record or if you are a beneficiary taking a death distribution.

Medallion Signature Guarantee Seal

I certify that I have read and completed the instructions on this form and that I have consulted with my tax advisor, or that I otherwise fully understand the tax and other legal consequences of this request for distributions from the Allianz Global Investors sponsored IRA(s) listed on the reverse side of this form. I understand that I am responsible for knowing whether this distribution complies with applicable tax laws; and that I am responsible for reporting and paying all applicable taxes on this distribution or distributions; and that if this distribution constitutes a "premature" distribution, I am aware of the applicable tax requirements and penalties. I also certify that if I have requested a transfer of shares of a PIMCO Funds & Allianz Funds account to my name, I am of legal age and capacity to own such shares. I understand that neither the IRA Custodian, Boston Financial Data Services, Inc., nor Allianz Global Investors Distributors LLC, or their officers, employees or agents have provided, or are responsible to provide, tax or legal advice to me in connection with this request. I understand and agree that neither the Custodian, Boston Financial Data Services, Inc., nor Allianz Global Investors Distributors LLC shall be responsible for any tax due on account of this distribution(s) (including distributions based on life expectancy or required minimum distributions calculated using information I provided) or for any tax or other penalties I may pay or incur as a result of this request of any distribution(s) from this IRA. I have been advised of the distribution, termination, and maintenance fees that apply to Allianz Global Investors sponsored IRAs and agree to pay all applicable fees.

I. Taking a

Distribution Because you have asked about taking distributions from an Allianz Global Investors sponsored Individual Retirement Account (IRA), Boston Financial Data Services, Inc., as administrative agent for the Custodian of your IRA, has prepared the following information to assist you. Also, Boston Financial Data Services, Inc., is available to answer any questions, Monday through Friday from 8:00 a.m. to 8:00 p.m. EST. You can reach us at 1-800-426-0107.

This information is not intended to be tax or legal advice. Because your Allianz Global Investors sponsored IRA is a “self-directed” IRA, you are responsible for selecting the method of distribution, complying with applicable tax laws, and calculating and paying the applicable state and federal income (or estate) taxes and any penalties. While Allianz Global Investors will attempt to assist you in making such calculations, we rely on data you provide, and you are responsible for the accuracy of such data.

We suggest that you refer to Internal Revenue Service (IRS) Publication 590, “Individual Retirement Arrangements,” which is available from your local IRS Forms Distribution Center. **Because your personal financial circumstances are unique, and because of the possibility of tax penalties for failure to comply with IRS regulations on distributions from IRAs, we recommend that you consult with your tax advisor prior to requesting a distribution.**

I. Are you eligible for IRA distributions?

Any time you redeem shares of a PIMCO Funds & Allianz Funds mutual fund held in your Allianz Global Investors sponsored IRA, you are taking a “distribution” from your IRA. You may take a distribution from your IRA at any time. However, current IRS regulations impose a “premature distribution” penalty tax of 10% (in addition to regular income tax) on any distribution from an IRA unless it is made:

- (1) On or after the owner’s attainment of age 59½, or
- (2) Because of the owner’s permanent disability, or
- (3) Because of the death of the IRA owner, or
- (4) As a distribution prior to age 59½ that is part of a series of substantially equal periodic payments (at least annually) over the life of the IRA owner or the joint lives of the IRA owner and a designated beneficiary, or
- (5) To roll over the IRA to another IRA or qualified retirement plan (if the amount received is rolled over within 60 days of receipt by the IRA owner), or
- (6) For unreimbursed medical expenses that are more than 7.5% of your adjusted gross income, or
- (7) For higher education expenses (if distributions are not more than your qualified higher education expenses), or
- (8) For first-time home purchase (subject to restrictions), or

- (9) For certain health insurance premiums if you are receiving unemployment compensation.

The SIMPLE-IRA early withdrawal penalty is 25% when a distribution occurs within the two-year period beginning on the date an employee first participates, unless an employee is age 59½ or older or can claim an exemption from the early withdrawal penalty. If an employee under age 59½ satisfies the two-year requirement, a 10% early withdrawal penalty applies unless the IRA holder can claim an exception. Note that SIMPLE IRA assets may not be rolled over into a Traditional IRA within the first two years of participation, even if one of the exceptions to the early withdrawal penalty under IRC Sec. 72(t) applies.

The IRA owner is responsible for calculating and paying the amount of any penalty.

II. When must distributions commence?

Under the Internal Revenue Code, you are required to commence distribution of your IRA benefits no later than April 1 of the calendar year following the year in which you reach age 70½. This is called your “required beginning date.” You must receive distributions that satisfy the minimum distribution requirements under the Internal Revenue Code. These distribution requirements are discussed on the following pages. Failure to initiate distributions from your IRA by your required beginning date may result in a nondeductible tax penalty of 50% of the difference between the minimum required amount and the amount actually distributed.

III. Selecting a distribution method

Distributions may be made from your Allianz Global Investors sponsored IRA in one of the following ways:

- (1) Periodic withdrawals over life expectancies
- (2) Lump-sum payment, which is payment of your full account value in a single payment;
- (3) One-time partial (“nonperiodic”) withdrawals;
- (4) Substantially equal periodic payments before age 59½.

Before you select a distribution method on the attached PIMCO Funds & Allianz Funds IRA Distribution Form, please review the information about these distribution methods below.

A. “Periodic” payments

“Periodic” payments are based on life expectancies and may be made on a monthly, quarterly, semiannual or annual basis. Select the frequency of your payments from a number of options listed on the form. Provide your date of birth and select how you want your periodic payments made.

We will automatically recalculate the IRA owner’s life expectancy each year. If multiple beneficiaries are listed, the one with the oldest birth date must be used for the calculation.

The amount of the installments each year will be based on the IRA account value as of December 31 of the prior year. To arrange periodic distributions, there is a one time processing fee of \$5.00.

*See discussion of Minimum Distribution Incidental Benefit rule in Section IV.

B. Lump-sum distributions

A “lump-sum” distribution is a single payment to you of the entire value of your IRA. A check will be issued, payable to you. This option can be selected for retirement distributions, to effect a rollover to another retirement plan, or for distributions made after the death of the IRA owner.

Instead of receiving cash, you may request that the fund shares held in your IRA be distributed in a lump sum by transferring them to a nonretirement account in your name. If you elect to transfer the shares held in your IRA to a non-retirement account, you will need to open a new non-retirement account at Allianz Global Investors or you may reference the account number of an existing non-retirement account in the fund of your choice and request that the shares be transferred to that account.

C. Partial (nonperiodic) distributions

A partial distribution can be made from your Allianz Global Investors sponsored IRA after you reach age 59½. This is referred to as a “nonperiodic” distribution. A partial distribution taken prior to age 59½ will be subject to the penalty tax discussed above.

D. Substantially equal periodic payments before age 59½, as defined under IRS Code Section 72(t)(2)(A)(iv)

The Internal Revenue Code permits an IRA owner to take preretirement distributions from an IRA in the form of a series of periodic payments over the owner’s life, or over the joint life and last survivor expectancy of the owner and designated IRA beneficiary, even though the IRA owner is not yet 59½. Once you elect to have these distributions made, you may not change the amount of the annual distribution until you have reached age 59½ or 5 years have lapsed since you initiated the distributions, whichever occurs later.

Distributions may be made monthly, quarterly, semiannually or annually. Alternate methods are available for calculating substantially equal periodic payments. Please consult your tax advisor for information on these alternate methods before requesting this type of distribution from your Allianz Global Investors sponsored IRA.

IV. Required Minimum Distributions

IRS rules require that minimum distributions be made from your IRA each year after you reach age 70½. Generally, minimum distributions to the IRA owner must begin no later than the required beginning date (April 1 of the year following the calendar year in which the IRA owner reaches age 70½). The minimum distribution amount is figured on your current age, your retirement account balance at the end of the prior year, and the Uniform Life Expectancy Table.

There is one exception. If your spouse is the sole beneficiary of your account and if your spouse is more than ten years younger than you, you may use the Joint Life Expectancy table instead of the Uniform Table. The life expectancy divisor is based on the ages of both you and your spouse. You must use the aggregated value of all of your IRA accounts when making the calculation. If you are transferring assets to or from Allianz Global Investors, you must take your required distribution before you complete the transfer.

Please remember that while Allianz Global Investors may assist you in this matter, you are responsible for the accuracy of any calculations of minimum required distributions, and you should consult your tax advisor.

V. Distribution upon death of the IRA owner

This section discusses distributions that are made, because of the death of the IRA owner, to the designated beneficiary of the IRA or to the personal representative (executor or administrator) of the estate of the IRA owner if there is no surviving designated beneficiary or none was chosen. Beneficiaries and personal representatives should read this section and IRS Publication 590 carefully before requesting a distribution from Allianz Global Investors. Additionally, we strongly recommend that tax or legal counsel be consulted before arranging such distributions.

A. Distributions made to an estate or to a designated beneficiary

The beneficiary or personal representative must submit the following documents:

- (1) A copy of the IRA owner’s death certificate, certified within the last 60 days.
- (2) A certified copy (within the last 60 days) of an Affidavit of Domicile which indicates the permanent residence of the decedent. Document and signature must be original.
- (3) An Inheritance Tax Waiver from the IRA owner’s state of residence, if required. (Check with Allianz Global Investors transfer agent, Boston Financial Data Services, Inc.)
- (4) A certified copy of the Letters Testamentary or Letters of Administration appointing the personal representative. The original document must be certified (not a photocopy) by the clerk of the probate court no more than 60 days prior to the distribution request.
- (5) A Form W-9, containing the certified taxpayer identification number of the beneficiary (signed by the beneficiary), or of the estate (signed by the executor or administrator), as applicable. This form is available from Allianz Global Investors transfer agent, PFPC, Inc.

- (6) Written instructions stating specifically what should be done with the shares held in the account. If from the personal representative, such person must sign the written instructions in his/her fiduciary capacity. In all cases, the signature of the person making the request must be Medallion Guaranteed by a financial institution as described in a fund prospectus.

B. Distributions to a designated beneficiary

Allianz Global Investors sponsored IRA permits the designation of one or more primary and contingent beneficiaries. If a primary beneficiary has been named in instructions provided to Allianz Global Investors, each primary beneficiary who survives the IRA owner will be entitled to a prorata share of the IRA, unless another manner of distribution was specified by the IRA owner and received by the Custodian. If no primary beneficiary survives the IRA owner, and one or more contingent beneficiaries have been named, all surviving contingent beneficiaries will be entitled to a prorata share of the IRA. If no primary beneficiary survives the IRA owner and no contingent beneficiary has been named, or if no contingent beneficiary survives all primary beneficiaries, the IRA proceeds must be paid to the IRA owner's estate. **Each surviving primary (or, if applicable, each contingent) beneficiary must complete and sign a separate PIMCO Funds & Allianz Funds IRA Distribution Form.**

Payments to a designated beneficiary or to the estate must be made as described below, depending on whether the owner died before or after the required beginning date for IRA distributions:

- (1) If the owner died after the required beginning date, which is the April 1st following the year in which the account owner attained age 70½, the remaining value of the IRA must continue to be distributed at least as rapidly as under the method the IRA owner had initiated. The beneficiary or estate can request a more rapid distribution as in a lump sum.
- (2) If the IRA owner died before the required beginning date, and there is a designated beneficiary, the entire IRA balance must be distributed under either of the rules below, as elected by the beneficiary:

Rule 1: By December 31 of the fifth year following the IRA owner's death, or

Rule 2: In annual amounts over the life expectancy of the designated beneficiary.

The election must be made by the beneficiary by December 31 of the year following the IRA owner's death. If no rule has been chosen by that time, distributions must be made under Rule 2.

If the beneficiary has chosen Rule 2 in a timely manner, distributions must begin by December 31 of the year following the year of the IRA owner's death.

If the surviving spouse is the beneficiary and has chosen Rule 2 in a timely manner, distributions must begin by the later of:

- December 31 of the year the IRA owner would have reached age 70½, or
- December 31 of the year following the year of the IRA owner's death.

Special rules apply if the spouse is the designated beneficiary and dies or remarries. See IRS Publication 590.

Allianz Global Investors requests that the beneficiary make an election as soon as possible after the IRA owner's death, even if he/she chooses to delay receiving distributions until the fifth year after death.

VI. Tax reporting information

Any distribution from an IRA, including distribution to a beneficiary, is reported to the IRS as a distribution taken in the year the shares are redeemed from the applicable Allianz Global Investors account. The distribution is reported on IRS Form 1099-R. A copy of this form is mailed to the address of record for the IRA in January of the following year, to be filed with your tax return.

VII. Tax withholding information

Distributions from IRAs are subject to federal income tax withholding unless you elect not to have taxes withheld. Boston Financial Data Services, Inc. is required by the Internal Revenue Code to withhold income taxes from all IRA distributions unless we are instructed otherwise by you at the time you request distributions. Please be sure to complete Section F: Tax Withholding of the PIMCO Funds & Allianz Funds IRA Distribution Form if you do not want tax withholding on your IRA distribution(s). Any taxes withheld will be reported on IRS Form 1099-R.

A. If you want withholding to apply

For periodic distributions, we will automatically withhold federal taxes at a rate which assumes you are a married taxpayer with three exemption allowances. The election notice which is available from us can be used to change the amount of tax withheld.

For nonperiodic distributions, we will automatically withhold federal taxes at a rate of 10% unless it is a qualified total distribution, in which case federal taxes will be withheld in accordance with IRS tables. The election notice can be used to increase the amount of tax withheld.

Please complete and sign the appropriate section of the election notice and return it to us. If you don't have enough tax withheld from your distributions, you may be responsible for paying estimated taxes. You may also incur penalties if your withholding and estimated tax payments are insufficient.

B. If you don't want withholding to apply

If you do not want us to withhold federal taxes from your distributions, you must complete and return the election notice.

You must include your taxpayer identification number on the notice and sign it for your election to be effective. You will then be responsible for paying estimated taxes to the IRS. You may incur penalties under the estimated tax rules if your estimated tax payment is insufficient.

Your decision to not have withholding apply will remain in effect until you cancel it. You can do this at any time by sending us a dated and signed notice revoking your decision.

We will pay the IRS the amount withheld on your behalf. We cannot refund any amounts properly withheld, even if the amount was withheld because of your failure to file the necessary election notice.

C. Withholding decision is your responsibility

It is your responsibility to determine whether withholding is appropriate and meets the requirements of the applicable tax laws. Neither we, the Funds' distributor, nor the Funds themselves are responsible for determining whether withholding should apply, what amounts should be withheld, or whether your election satisfies your obligations under the tax laws.

D. Processing time for notices

It usually takes up to 14 days to process and implement an election notice. You may make and revoke elections not to have withholding apply as often as you want.

E. Payments paid outside the U.S.

You may not elect against withholding on payments made outside the U.S. if you are a U.S. citizen or resident alien. If you are not a U.S. citizen or are a nonresident alien, you may elect against U.S. withholding provided:

- (1) You supply Allianz Global Investors an IRS Form W-8 and Form 1001 (Reduced Rate Certificate) or have done so within the last 3 years, and
- (2) You are not subject to Section 877 of the Internal Revenue Code concerning expatriation to avoid taxes.

If you supply Form W-8 to Allianz Global Investors, we will withhold only on the distribution at the rate specified by the treaty with your country of residence.

YOU MUST PROVIDE US WITH YOUR CERTIFIED TAX IDENTIFICATION NUMBER (YOUR SOCIAL SECURITY NUMBER) WHEN YOU REQUEST A PAYMENT. IF YOU FAIL TO PROVIDE IT, WE ARE REQUIRED BY LAW TO WITHHOLD EVEN IF YOU ELECT NOT TO HAVE TAX WITHHELD!

If you have any questions regarding the information we have provided or in filling out the Distribution Request Form, please contact us at 1-800-426-0107, or write to:

Allianz Global Investors Distributors LLC
P.O. Box 8050
Boston, MA 02266-8050

the 1990s, the number of people with a mental health problem has increased in the UK (Mental Health Act 1983, 1990).

There is a growing awareness of the need to improve the lives of people with mental health problems. The Department of Health (1999) has set out a strategy for mental health care in the UK, which includes a commitment to improve the lives of people with mental health problems.

The aim of this paper is to describe the development of a self-help manual for people with mental health problems.

The paper is organized as follows. First, a brief overview of the current state of mental health care in the UK is given.

Second, the development of the self-help manual is described. This includes a description of the manual's content and a description of the manual's development process.

Third, the manual's effectiveness is discussed. This includes a description of the manual's impact on people with mental health problems and a description of the manual's impact on mental health services.

Finally, the conclusions of the paper are discussed. This includes a discussion of the manual's strengths and weaknesses and a discussion of the manual's future development.

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