

Biofeedback Business Launch: Step-by-Step Business Setup Guide



Disclaimer

This section provides guidance for U.S. citizens who wish to form a U.S.-based biofeedback business. Laws and requirements vary based on business structure, local, state, and federal guidelines. Always consult legal and tax professionals.

Step 1: Choose Your Business Structure

- **LLC vs. Sole Proprietor vs. Corporation**
 - *LLC* recommended for most practitioners
 - Offers liability protection and tax flexibility
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Step 2: Register Your LLC

Option A: DIY through your state

- Example: [SunBiz.org](https://www.sunbiz.org) (Florida)
- File Articles of Incorporation
- Pay filing fee (~\$100–\$150)

Option B: Business Formation Services

- Services like LegalZoom or ZenBusiness
 - \$400–\$600 average
 - Check to see if they include:
 - EIN registration
 - Sales tax setup
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- County license filing
- Registered Agent for incoming mail from regulating bodies
- BOI submission (Must check to see if US citizens are still required to submit – may only apply to International H1-B Visa holders as of May 2025)

Note: *If you choose option B and they cover the above services, skip steps 3–6.*

Step 3: Apply for an EIN (Federal Tax ID)

- Apply at: irs.gov/ein
 - Free and instant
 - Required for banking, taxes, and reporting
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Step 4: Register for State Sales Tax

- Even if service-based, most states require registration
 - Example: Florida: floridarevenue.com → Register to Collect and/or Report Tax
 - Required if:
 - Selling physical remedies (e.g., creams, pellets)
 - Charging for custom products
 - File quarterly, even if no tax is due
 - **International Clients & VAT:** If you work with clients in the **European Union (EU)** or **United Kingdom**, you may be required to register for **Value-Added Tax (VAT)** if your annual revenue from those regions exceeds a specific threshold.
 - Use the **EU's One-Stop-Shop (OSS)** or **UK VAT registration portal** to manage your obligations.
 - VAT typically applies to **digital products** (like PDFs, video courses, remote software-based services), not live consultations—but check local laws.
 - Consider using platforms like **Stripe Tax** or **Quaderno** to automate VAT collection and compliance.
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Step 5: County Business License

- Apply for your **Local Business Tax Receipt**
 - County tax collector's website (varies by location)
 - ~\$15–\$30/year
 - Needed to operate legally in your county
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Step 6: BOI Filing (Federal Requirement)

- BOI = **Beneficial Ownership Information**
- File through: [boiefiling.fincen.gov](https://www.foiefiling.fincen.gov)
- All LLCs must file by **Dec 31, 2025**
- Penalties apply if not completed
- Free filing, required once unless business details change

BOI (Beneficial Ownership Information) Update (2025)

- As of March 2025, domestic LLCs and their beneficial owners are *exempt* from filing a BOI report under the Corporate Transparency Act (CTA).
 - This change removes the federal ownership disclosure requirement for U.S.-based biofeedback businesses.
 - ***Recheck current BOI filing rules annually in case of future updates***
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Step 7: Business Banking & Recordkeeping

- Open a dedicated business checking account
 - Articles of incorporation and an EIN are required to open your account.
 - Keep client payments, supplies, and taxes separate
 - Optional: Use apps like QuickBooks, Wave, or Google Sheets
 - Maintain digital folders for:
 - Scans
 - Remedy protocols
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- Receipts
- Client intake forms

Step 8: Filing Federal Taxes

- You must file a federal return yearly for your LLC
- **Recommended Options:**
 - **TurboTax Business:** \$100–\$150
 - Easy DIY method with assistance
 - Guides you through LLC filing options (Sole Member LLC, Multi-Member, etc.)
 - **Certified Public Accountant (CPA):** \$200–\$600+
 - Best if you have payroll, high earnings, or complex deductions
 - *Make sure your CPA is vetted and understands holistic or alternative health businesses*
 - Read reviews, check licensing, and get a consultation before hiring

If unsure, **start with TurboTax**, and consult a CPA only if needed.