




**PLAYER CARE
FOUNDATION**

2022-23 ANNUAL REPORT



CELEBRATING
15 YEARS



**IF YOU KNOW OF A FORMER
PLAYER IN NEED OF ASSISTANCE,
PLEASE CONTACT US.**

PHONE: 1-800-635-4625 (prompt #4)

EMAIL: nflplayercare@nfl.com

ADDRESS: PO Box 4746, New York, NY 10163

WEBSITE: www.nflplayercare.com

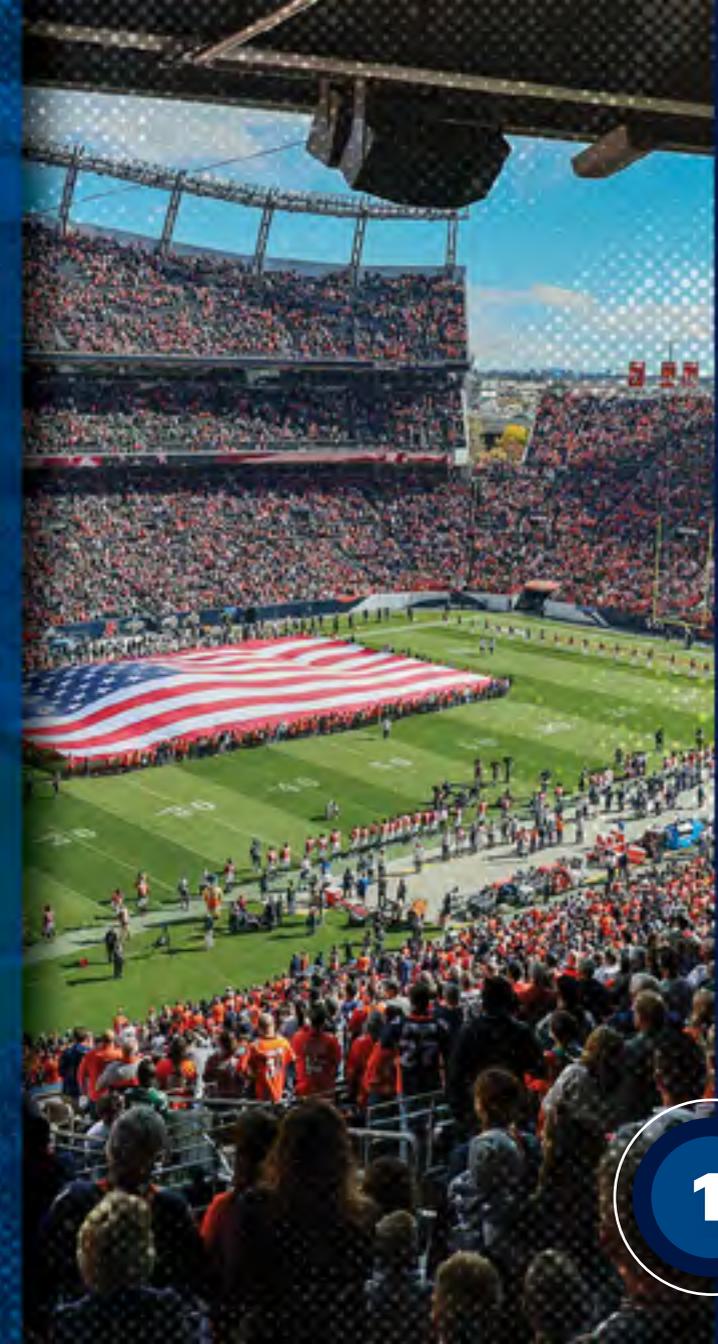
SOCIAL: @nflpcf    

MISSION

The NFL Player Care Foundation (PCF) is an independent organization dedicated to helping retired players improve their quality of life. PCF addresses all aspects of life by providing programs and assistance with medical, emotional, financial, social, and community issues.

**PCF STATEMENT ON
DIVERSITY, EQUITY, AND
INCLUSION**

The NFL Player Care Foundation is committed to advancing diversity, equity, and inclusion in athletics and society at large. We fundamentally believe that all people deserve fairness, justice, opportunity, and equity. Our efforts promote an inclusive culture where persons' differences are celebrated, and discrimination is not tolerated. We seek to promote an environment where society seeks to develop and promote healthy social and prosperous economic environments.





LETTER FROM THE PRESIDENT

Over the years since our creation, the Board of Directors and staff have demonstrated an unwavering commitment to improving the quality of life of former NFL players. This year, the NFL Player Care Foundation (PCF) proudly celebrates its 15th year anniversary. I am pleased to present some highlights from the past fiscal year which attest to our dedication to innovation, hard work, and the Foundation's mission.

Among the most significant actions of this year were the appointments of Carlie-Irsay-Gordon, Dr. Tricia Bent-Goodley, Ronnie Barnes, and Will Shields as valued additions to the NFL PCF Board of Directors. Their diverse perspectives and many years of experience with NFL players will guide us towards a future invigorated by renewed purpose and strategic insight. We also recognize and appreciate the many contributions and dedicated work of Board members who have previously served since our Foundation's inception 15 years ago – shaping our mission, purpose and trajectory. These individuals include Mary Agee, Ken Scherer, Willie Lanier, and the late Randy Minniear.

This year, our Healthy Mind and Body screening program regained vigor after its pandemic-induced stoppage. We also enhanced the screening program with expanded services and improved data collection for research purposes. The PCF Career Program also achieved notable results from its 5th annual Super Bowl Career Fair in Phoenix, Arizona, furthering its commitment to collecting, analyzing and utilizing data to drive decisions about career opportunities. This past year, we also remained committed towards being agile and developing effective procedures for addressing unexpected disasters, which can abruptly disrupt the lives of former players and their families.

Consistent with our mission, the Foundation Board and staff will continue to focus on improving the lives of former NFL players and their families this year and beyond.

Sincerely,
Harold Henderson



LETTER FROM EXECUTIVE DIRECTOR

Each year, as I prepare for our Annual Report, I look forward to sharing with you the key highlights and impact the NFL Player Care Foundation (PCF) has had serving our NFL Legends. This year, however, as we mark our 15th anniversary, I took the opportunity to extend that reflection not just on the previous year's accomplishments but on our entire history as a Foundation. As part of those reflections, I also realized how much of your history as an NFL player, and now as a Legend, has influenced our work. Modeling your strength and resilience, the PCF team has consistently rolled up its sleeves and focused on how we can fulfill our mission of supporting you as you continue your life's journey once you leave the field.

Like yours, our journey has faced challenges, including those from the global pandemic. Despite these hardships, we successfully relaunched our flagship Healthy Body & Mind Screening Program (HBMS). From June 2022 to March 2023, we hosted seven screenings and reintroduced the behavioral health component, with your strong attendance reaffirming its importance.

In its 5th year, the PCF Career Program exemplifies how we identify player needs and respond programmatically. Initially created in response to a 10th-anniversary analysis highlighting high unemployment rates among our applicants, the program has evolved into a year-round resource connecting Legends with 100+ employers. The PCF Career Portal, which now has nearly 1,800 enrolled Legends, empowered our 5th Annual Super Bowl Career Fair in Phoenix, Arizona. Additionally, the Career Program launched a suite of data-driven services, including interview preparation, personalized job matching, and more.

This past year also witnessed significant strides in our leadership team. Our experience revealed that we needed trustees with a common understanding of NFL players but with varied expertise. With that goal, we are pleased and excited to extend a warm welcome to Carlie Irsay-Gordon, Dr. Tricia Bent-Goodley, Ronnie Barnes, and Will Shields, who have joined the NFL PCF Board of Directors. Our board can now govern PCF's work using their vast array of NFL experiences ranging from ownership, behavioral and general health care, business strategy, and more. Their diverse and seasoned voices better position PCF to advance and fulfill our mission with renewed vigor.

While our unwavering commitment to improving the lives of former NFL players remains unchanged, our methods and services have evolved to meet your needs. In our inaugural year in 2007, we manually reviewed paper applications and awarded \$360,000. Today, using a sophisticated database and an online application portal, we've granted \$21.6 million. This upgrade enhances our ability to analyze, adapt, and improve outcomes more efficiently.

Looking back, I do not think we imagined our growth and success; and none of our achievements would have been possible without the unwavering dedication of our remarkable staff. Through their dedication and compassion, the PCF team has been the engine in improving the lives of NFL Legends. We are confident that we will continue to exceed expectations in 2023 and beyond and continue to build on our impressive history.

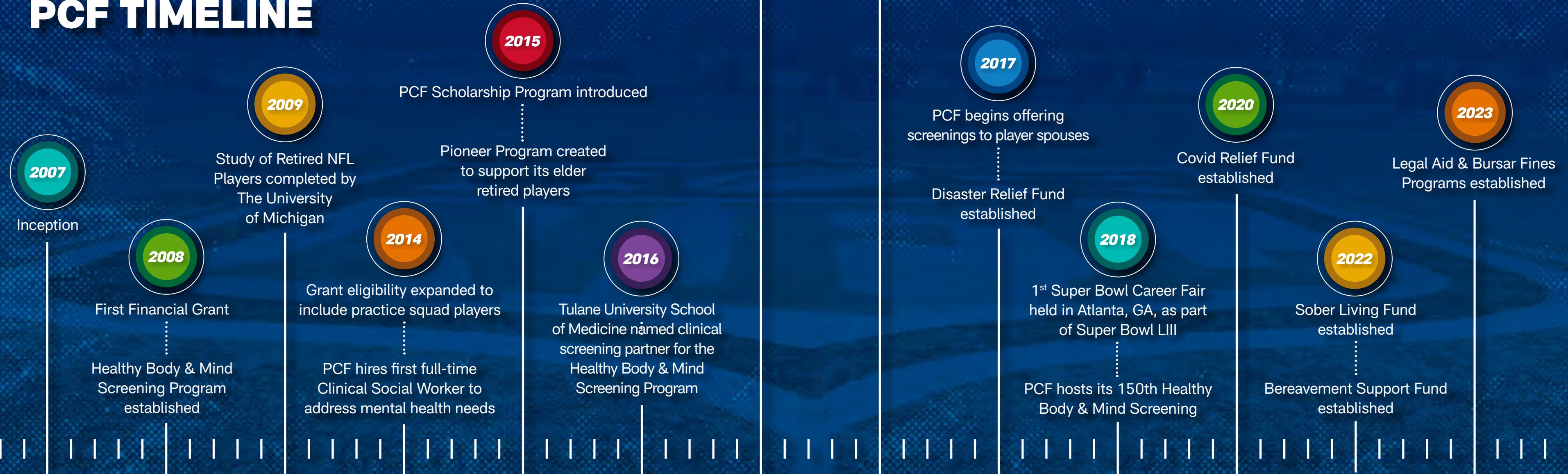
With gratitude,
Belinda



TABLE OF CONTENTS

● PCF Timeline	6 - 7
● Statistics From Inception	8 - 9
● Foundation & Management Expenses	10 - 11
● Financial Grants	12 - 15
● Healthy Body & Mind Screening Program	16 - 17
● Career Program	18 - 19
● Behavioral Health	20 - 21
● Social Justice	22 - 23
● Board Member Spotlight	24 - 25
○ Partnerships	26 - 33
● Board of Directors	34 - 41
● Officers	42 - 45
● Remembering Past Legends	46 - 47

PCF TIMELINE





STATISTICS FROM INCEPTION

Displayed below are statistics that the Player Care Foundation has recorded since its inception in September 2007.

FINANCIAL
CONTRIBUTIONS



PLAYERS
ASSISTED

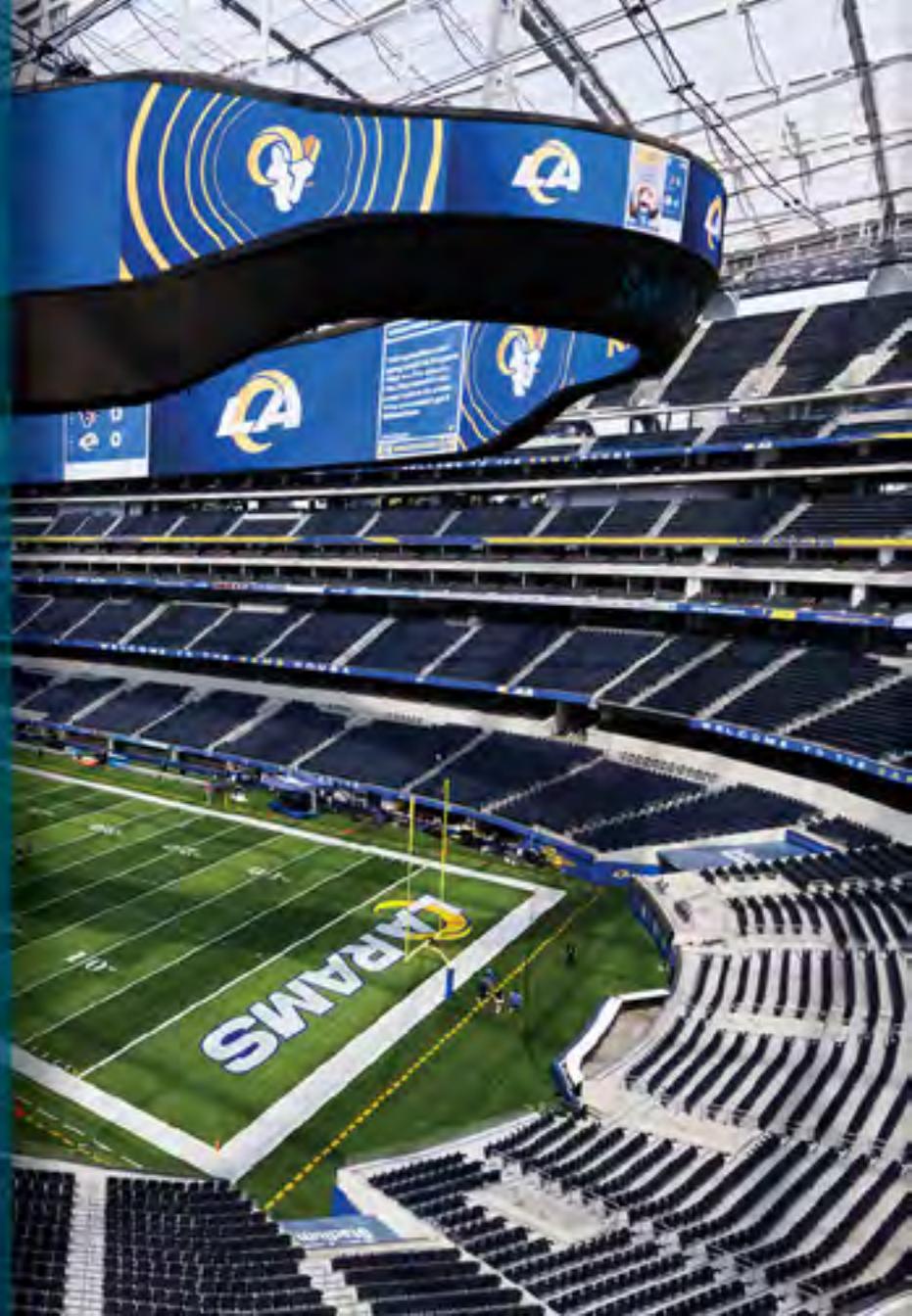


RESEARCH
DISTRIBUTION



PLAYERS
SCREENED





"Your generosity to help at a crucial point on our journey has played a major role in providing Dad with the necessary care to help the saving of and the quality of Dad's life. Thank you all for making such a difference, not only in the life of Eddie Meador, but also in the lives of so many other deserving players in need of help from the very game and business they contributed to and sacrificed for earlier in life."

- The Family of NFL Legend, Eddie Meador

FOUNDATION GRANTING AND MANAGEMENT EXPENSES

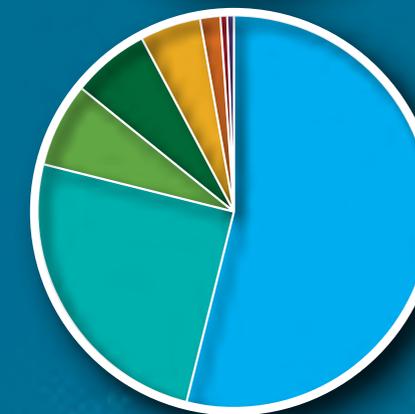
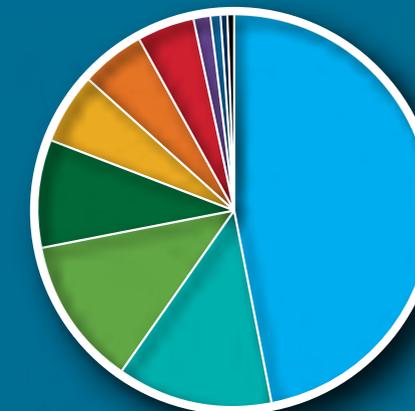
Areas of funding – For the fiscal year ending March 31, 2023

TOTAL INDIVIDUAL GRANTS - \$1,297,329.93

● Housing Assistance	\$614,212.98
● Vehicle Expenses	\$166,935.71
● Funeral Expenses	\$160,628.34
● Medical Assistance	\$116,511.23
● Behavioral Health Expenses	\$73,128.82
● Disaster Relief	\$68,000.00
● Utilities Expenses	\$63,122.77
● Educational Assistance	\$19,228.30
● Pioneer Program Assistance	\$7,500.00
● Food/Household Expenses	\$5,826.66
● Travel & Lodging	\$2,235.12

TOTAL MANAGEMENT EXPENSES - \$1,588,356.32

● Research Expenses	\$860,338.00
● Player Case Management Expenses	\$393,497.05
● Career Program Expenses	\$110,000.00
● Professional Fees	\$101,287.12
● Player Outreach Expenses	\$81,315.79
● Insurance	\$26,688.82
● Meeting Expenses	\$9,970.14
● Office Expenses	\$5,259.40



The unaudited financial information set forth above is preliminary and subject to adjustments and modifications.

"The NFL Player Care Foundation (PCF) has been there for me when I've most needed support. The life after football was extremely difficult when adjusting to normal daily life. I had a very difficult time landing interviews, finding quality career choices, and furthering my life once the pads came off. I've attended three Super Bowl Career Fairs, which allowed me to foster lifelong connections with not only other former players but well established companies. In addition to Career Fairs, I've utilized many other career resources, including resume review services and mock interviews. I have had the privilege of not only being served by PCF but becoming an employee as an Operation Coordinator. Since then, PCF has enhanced my career, equipping me with the ability to job search and helping me land my latest position as National Director of Memberships and Communication with The NFL Alumni Association."

- NFL Legend, Dominique Curry



FINANCIAL GRANTS

The Player Care Foundation continues its financial assistance to former NFL players and their families who are in dire need. Since the first financial hardship grant in 2008, the Player Care Foundation has contributed over \$21.6 million to 2,102 former NFL players to assist in their day to day living expenses, coordinated medical care, and mental health resources. In the most recent fiscal year the Player Care Foundation has distributed over \$1.2 million in financial grants to 184 former players. Player Care Foundation grant applications adhere to the Foundation's financial and NFL service time eligibility requirements and are considered on a case-by-case basis. Eligible retirees include NFL players with at least one credited season or two seasons as a practice squad player. Widows and children of deceased former NFL players, who would otherwise be eligible for support, may also apply.

FISCAL 2022 ASSISTANCE: APRIL 1, 2022 - MARCH 31, 2023

TOTAL FUNDING	\$1,297,329.93
AVERAGE YEARS IN THE NFL	4
MEDIAN AGE	44
PLAYERS ASSISTED	184

FISCAL FINANCIAL ASSISTANCE: APRIL 1, 2022 - MARCH 31, 2023

CREDITED NFL SEASONS	APPROVED APPLICANTS
0 - 2	73
3 - 5	70
6 - 8	24
9 - 11	7
12+	10

AGE RANGE	APPROVED APPLICANTS
20 - 30	20
31 - 40	58
41 - 50	24
51 - 60	27
61 - 70	24
71 - 80	10
81 - 90	1
91 - 100	1
DECEASED	19

FISCAL 2022 MONTHLY BREAKDOWN

MONTH	AMOUNT	FUNDED
APRIL	\$81,675.31	10
MAY	\$110,947.98	11
JUNE	\$66,901.89	11
JULY	\$52,007.11	6
AUGUST	\$111,615.89	13
SEPTEMBER	\$108,978.02	14
OCTOBER	\$184,248.56	50
NOVEMBER	\$63,979.09	8
DECEMBER	\$111,948.90	18
JANUARY	\$112,118.69	12
FEBRUARY	\$107,007.86	15
MARCH	\$185,900.63	16
TOTAL	\$1,297,329.93	184

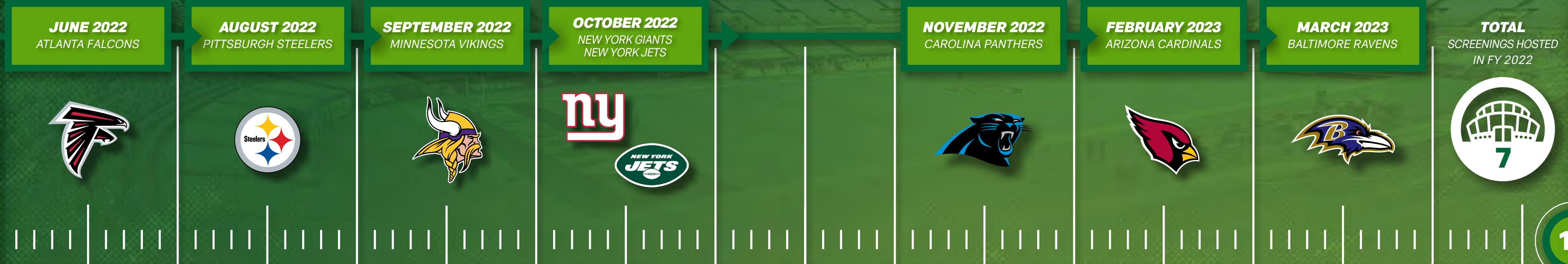
HEALTHY BODY & MIND SCREENING PROGRAM

Since 2016, the Player Care Foundation has partnered with one of the nation's premier medical providers – Tulane University School of Medicine – to conduct its Healthy Body and Mind Screening Program. Piloted in 2007, this program is a national screening program available to any former player who has ever been on an NFL roster. Each screening provides medical testing valued up to \$10,000 at no cost to attendees.



TOTAL NUMBER OF SCREENINGS SINCE INCEPTION

SCREENING PROGRAM LOCATIONS



CAREER PROGRAM

Originally piloted in late-2018, year five of the NFL PCF Career Program was a landmark year filled with innovative new programming, expansions in service offerings, and a renewed commitment to storytelling.

NFL PCF CAREER PORTAL | YEARLY REVIEW

+380 new NFL Legend Registrations | +20 New Employer Registrations | +360 New Jobs Posted
+9 Employer Info Sessions

NFL PCF CAREER PORTAL | STATS SINCE INCEPTION

1,718 NFL Legend Registrations | 98 Employer Registrations | 991 Jobs Posted | 21 Employer Info Sessions
22 of 32 NFL Clubs Participating | 896 NFL Legend Resumes Updated and Improved

TIMELINE

APRIL 2022

INAUGURAL EMPLOYER SUMMIT

A collaborative, virtual summit for employers of the NFL PCF Career Program, designed to share best practices of hiring NFL Legends, introduce ways of creating programming, and more.

AUGUST 2022

ADVANCED SERVICES

A data-driven expansion to our partnership with Atrium, introducing a new suite of advanced services from job matching consultations to interview preparation.

AUGUST 2022

LAUNCH OF THE NFL PCF LINKEDIN PAGE

Fueled by our commitment to raising awareness NFL PCF Career Program, celebrating successes of NFL Legends, and fostering excitement for hiring NFL Legends.

SEPTEMBER 2022

KICKOFF YOUR CAREER WEEK

A three-day, virtual experience featuring workshops and panels on the topics of LinkedIn, NFL Legends in Business, and Jobs in Sports.

FEBRUARY 2023

5TH ANNUAL SUPER BOWL CAREER FAIR

A hybrid career fair in Phoenix, Arizona, and virtually on the NFL PCF Career Portal featuring more than 50 national employers and 100+ NFL Legends.



BEHAVIORAL HEALTH

Over last year, NFL Player Care Foundation (PCF) has continued its investment in behavioral health. In Fall of 2022 – alongside our collaboration with Tulane's Professional Athlete Care Team – we relaunched our Healthy Body & Mind Screening Program for the first time since the Pandemic. These screenings provide high quality testing and access to a variety of resources for former players, including mental health components that allow PCF Clinicians to have in-depth individual conversations about what mental health resources are available. The mental health component of the Healthy Body & Mind Screening Program has been instrumental in PCF continuing to promote the importance of former players' overall wellbeing, as well as providing crucial data points to help the Foundation better serve our mission through program evaluation and a continuous development of new services.

Additionally, we relaunched our Behavioral Health Forum in the Spring of 2022 – which brought together several organizations across the NFL ecosystem with the goal of discussing the behavioral health implications of topics like race-based violence, racism, trauma, and Covid's effect on the well-being of former players. The Forum will occur annually, with the 2023 Forum actively being planned with a major focus on educational workshops on intervention strategies, building upon service providers clinical knowledge and skills, and encouraging greater collaboration between organizations to better assist former players through behavioral health challenges.

Behavioral health will continue to be paramount to PCF in the future. The work done throughout this past year has enabled the Foundation to continue to evaluate and expand upon its current programs – providing PCF with the momentum to strengthen throughout 2023 and beyond.





"It is no secret that financial wellness is a crucial aspect of our lives! I commend PCF for its continuous support toward improving the well-being of former players – particularly in the domain of financial health. Having access to valuable and relatable financial education empowers individuals to not only mitigate financial roadblocks, but also enhance knowledge, confidence, and decision-making skills.

The L.O.V.E. Your Finances workshops aim to teach and motivate participants on the importance of becoming financially organized by providing actionable steps and tools to begin or renew their personal finance journey. In addition to presenting information to increase financial literacy, the sessions create a safe, interactive, and engaging environment to learn and share financial wisdom. Former players freely offer peer support, while being guided by a trusted professional.

Creating a space that encourages former players to organize, value, and empower their finances is personal for me as an NFL wife. The workshops offer seed planting experiences intended to cultivate positive generational influence. Whether the focus is to learn personal finance basics or to discuss wealth accumulation strategies, understanding the matters of money is an essential component of protecting your legacy."

- Kennethia Cochran, CPA, CFP®, MBA
Founder, KC Legacy Enterprises, LLC

SOCIAL JUSTICE

The mission of the NFL Player Care Foundation is to improve the quality of life of former players. In 2020, we established the Racial Equity Committee (REC) to highlight the unique challenges that minority groups face that impact their well-being. The 8 Dimensions of Wellness is a framework which highlights areas of wellness beyond physical. They include emotional, occupational, intellectual, environmental, financial, social, spiritual, and physical.

Racial equity is a process of eliminating racial disparities and improving outcomes for everyone. PCF is committed to decreasing barriers and increasing access to former players in our key program areas: behavioral health, financial health, and occupational health.

One way we have fulfilled our key program areas is during Fall 2022, where we hosted a virtual series of financial literacy workshops for former players and their significant others to provide financial literacy skills and tools. NFL Wife and CERTIFIED FINANCIAL PLANNER, Kennethia Cochran, CPA, CFP®, MBA, facilitated her "Learn to Organize Value and Empower (L.O.V.E.) Your Finances" Workshop which informed players about debt inventories, budgets, and net worth statements, core assessments to promote financial wellness.

We look forward to continuing our work in ensuring that former players have the tools and resources necessary to thrive in the days following their NFL experience.



BOARD MEMBER SPOTLIGHT: **OZZIE NEWSOME**

QUESTION 1:

What is a moment in your career that you feel is a crowning moment?

"It was when I had my first NFL Draft as an executive in Baltimore, which was in 1996. We had the fourth overall pick in the NFL draft and there was an opportunity for us to not follow our draft board – and instead make our decisions based on emotion. There were a lot of players available, but Jonathan Ogden was our highest rated player, despite us not needing an offensive tackle. Instead of going by emotion – I stuck with the Draft board. I stayed consistent to my values and drafted Ogden."

QUESTION 2:

What inspires you?

"What inspires me is having a chance to be in the locker room and be around the players. There's generally about 20% turnover with players year-over-year – and seeing the players mature is inspiring. Watching rookies mature into veterans and All-Pros, both in football and in all aspects of life, is what I enjoy most about coming to work."



QUESTION 3:

What made you want to join the NFL PCF BOD?

"There was beginning to be negative publicity about former players – and, as a former player myself, I knew it was vital to take care of your own. I was approached about the opportunity to join the BOD and I was immediately invested in creating a safe place – a resource – for former players to go if they are struggling."

QUESTION 4:

What do you enjoy most about your impact through serving former players on the PCF BOD?

"Being available when guys call and being an ear for when they just needed a conversation. I have had times where former players just needed someone to talk to and to have their confidence instilled back in them. I get a lot of joy from the conversations and getting guys back on track. It's even more rewarding when I see that the same player doing well 2-3 years later – and then seeing them paying it forward to other former players in need. That's incredible impact – and inspiring."





PARTNERSHIPS



ATRIUM, an award-winning WBENC-certified Talent Solutions and Extended Workforce Management industry leader, is committed to providing a personalized, humanized approach to staffing. Informed by people, process, and technology, Atrium strives to enhance the candidate experience and elevate each unique employer brand. Atrium's expertise includes nationwide Temporary and Direct Hire Staffing, Payrolling services, Independent Contractor Compliance, Direct Sourcing, Managed Service Provider (MSP) programs, Statement of Work (SOW), and Early Talent Program design.

Atrium supports the NFL PCF Career Program through a personalized and comprehensive talent development initiative. This 360-degree approach includes resume review, interview coaching, job matching, personality assessment consultations, and complete career coaching services for NFL Legends. Additionally, Atrium supports the various employment partners of the PCF through talent curation and strategic Legend recruitment best practices.

For more information visit: atriumstaff.com



BROOKDALE Brookdale is a proud partner of the NFL Player Care Foundation and has been providing members and their family members (including spouses, adult children, adult step-children, in-laws, siblings, parents, step-parents, grandparents and step-grandparents) exclusive discounts, educational resources, and support since 2008.

As the nation's leading operator of senior living communities, Brookdale is committed to its mission of enriching the lives of the people it serves with compassion, respect, excellence and integrity. Brookdale operates independent living, assisted living, Alzheimer's and dementia care communities, and through its care and services to support their lifestyle in an environment that feels like home. The company's expertise in healthcare, hospitality real estate provides our residents with opportunities to improve wellness, pursue passions and stay connected with friends and loved ones.

For more information visit: brookdale.com/NFL



The **NATIONAL FOOTBALL LEAGUE ALUMNI ASSOCIATION** is a non-profit organization comprised of retired National Football League players, coaches, professionals, and Associate members. The focus of NFL Alumni is to serve, assist, and inform players in their post-NFL lives. The Association offers a variety of medical, financial, educational, and social programs to keep members and their families healthy, productive and connected.

NFL Alumni members are organized into chapters around the country and with a history going back to 1967, the NFLAA's fundraising efforts typically raise more than \$1 million per year for charity. The NFL Alumni Association has become an important partner in PCF's Healthy Body & Mind Screenings and has brought an invaluable set of resources to participants of the program.

For additional information visit: nflalumni.org

The **GRIDIRON GREATS ASSISTANCE FUND (GGAF)** is a non-stock, nonprofit 501(c)(3) organization providing financial grants and 'pro bono' medical assistance to retired NFL players in dire need with a minimum of 3 credited seasons. The organization focuses on the humanitarian side of post-football related issues, which includes coordination of social services to retired players who are in need due to a variety of reasons including inadequate disability and/or pensions.

The Gridiron Greats Assistance Fund's mission is to assist dire need retired NFL players who were pioneers of the game and who have greatly contributed to the NFL's status as the most popular sport in America. Gridiron Greats Assistance Fund provides hands on assistance to help retired players and their families deal with hardships they face after football. The services include medical assistance, transportation costs for medical evaluations and surgeries, housing assistance, financial assistance for utilities, medication, and coordination of services for food, automotive payments, and childcare. Since its creation, GGAF has helped more than 1,000 former NFL players and their families.

Additionally, the Gridiron Greats Assistance Fund provided tremendous support to the Player Care Foundation by helping the Foundation respond to the significant volume of inquiries from former players during the COVID-19 crisis.

For additional information visit: gridirongreats.org

The **NATIONAL FOOTBALL LEAGUE FOUNDATION** is the League's nonprofit organization representing the 32 NFL clubs. Its mission is to support the health, safety and wellness of athletes, youth football and the communities which support our game.

Through its generous grants benefitting the NFL Player Care Foundation, the NFL Foundation has strengthened its support of former NFL players in transition, while also contributing to important research components through the Healthy Body & Mind Screening Program.

In addition, the NFL Foundation supports NFL clubs, players, and coaches in their efforts to grow the game and support a variety of charitable causes. Through its philanthropic arm, the NFL Foundation funds and supports league-wide initiatives aimed at making a big difference in communities across the nation. The NFL Foundation also works alongside leading national nonprofit organizations to promote physical activity and healthy environments for children in their schools and homes.

For additional information visit: nflfoundation.org

The **NFL LEGENDS COMMUNITY** celebrates, educates, embraces, and connects all NFL Legends with each other, their former teams and the League. Since its launch in 2013, the Legends Community's peer-to-peer model has fostered one of the strongest brotherhoods in professional sports.

The Legends Community hosts events with the 32 clubs and at key calendar events throughout the year. They communicate through a monthly Legends Community newsletter, the Players Community app (available in the App Store and Google Play) and on Twitter and Instagram: @NFLLegacy.

Legends Community directors and coordinators lead efforts across the country. They streamline communication and serve as a central resource for players to learn about programs and benefits available to them. They played in different eras, for multiple teams and at various positions, and they are passionate about assisting their fellow Legends.

For additional information visit: players.nfl.com



In 2012, the National Football League provided a grant to establish the **NFL LIFE LINE** for members of the NFL family who may be in crisis. The program serves current and former NFL players, coaches, team and league staff, and their family members.

The NFL Life Line's hotline, online Wellness Check and web-chat are free, confidential, and independently operated resources that connect those in crisis with trained counselors who can help them work through personal or emotional challenges. These counselors are trained to understand specific issues that may arise during or after a career in professional football and are available 24 hours a day, 7 days a week, 365 days a year by calling (800) 506-0078 or online at NFLLifeLine.org.

For additional information visit: NFLLifeLine.org

NFL PLAYER ENGAGEMENT (NFLPE) serves, equips, empowers, and supports players along with their entire ecosystem through the pillars of Continuing Education, Financial Literacy, Professional Development and Personal Development.

NFLPE accomplishes its mission through building a Community of Care model with innovative programming and services that meet the dynamic needs of the player and his family. These programs and resources include a unique series of workshops, career tours, & league office visits as well as financial literacy programs. NFLPE assists in creating meaningful development opportunities for players and Heads of Player Engagement (HPEs) while also providing them with the tools to reach their educational goals. Through the personal development pillar, NFLPE assists players, Legends, and their families as they live healthy and fulfilling lives – mentally, physically and holistically – before, during, and after their playing experiences.

For additional information visit: players.nfl.com

The **PROFESSIONAL ATHLETES FOUNDATION** was founded to support, strengthen and inspire players as they transitioned from their active NFL careers. Established in 1990 as the charitable arm of the NFL Players Association (NFLPA), the PAF offers a range of wellness resources as well as assistance through the Gene Upshaw PAT Grant. With more than \$27.5 million in financial, medical, and educational assistance granted, the PAF is the leading foundation assisting 7500+ former NFL players and their families.

For additional information visit: yourpaf.com

Located in Canton, Ohio, the birthplace of the National Football League, the **PRO FOOTBALL HALL OF FAME** is a 501(c)(3) not-for-profit institution with the important Mission to "Honor the Greatest of the Game, Preserve its History, Promote its Values & Celebrate Excellence Together." Fans from across the globe travel to Canton annually to experience "Football Heaven," where America's most popular sport is chronicled and the values learned from the Game are promoted. The Hall of Fame is accredited by the American Alliance of Museums, the only major sports Hall of Fame to earn the recognition, and it has been voted by readers of USA Today as a Best Attraction for Sports Fans.

The NFL's Hall of Fame Committee is chaired by Jerry Jones, owner, president and general manager of the Dallas Cowboys and member of the Pro Football Hall of Fame. The Committee provides guidance and leadership to the Hall of Fame.

For additional information visit: ProFootballHOF.com



PRO FOOTBALL RETIRED PLAYERS ASSOCIATION (PFRPA) is an independent and court established retired NFL player organization, which develops benefits, programs and initiatives for the betterment of retired NFL players. PFRPA oversees the Greater Good Fund, its 501(c)(3) charitable foundation, which is specifically designed to develop health, welfare and educational programs for retired NFL players. The association's insurance plans, the PFRPA Dental Plan and PFRPA Vision Plan, each offer comprehensive coverage to retired NFL players and their spouses. PFRPA brought on WME | IMG to operate its licensing agency, known as the Football Greats Alliance (FGA). It creates, develops and manages new revenue streams through the strategic development of retired player publicity rights.

For more information visit: pfrpa.com



The **PLAYERS CONGRESS** was launched in 2013 for the benefit of over 19,000 NFL veterans and family members of deceased players. The organization's mission is to assist retired players, families, widows and various community causes via income generated through its apparel manufacturing and import business along with held interest in other projects. The organization functions as a C-Corp (For Profit) and is owned, operated and controlled solely by Retired Players. The Players Congress joined with manufacturing giant, J.H. Design Group, NFL Properties and the Dallas Cowboys in a joint apparel-licensing venture that includes training and opportunities for former players. A portion of royalties are distributed to players through the Pioneer Assistance Fund, the Widows Fund, scholarship assistance and other programs.

For more information visit: playerscongress.com



THE TRUST (Powered by the NFLPA)'s mission is to support NFL players as they live their purpose beyond football. It was made for players, by players. Through partnerships with many of the nation's premiere organizations, The Trust provides access to financial, medical, nutrition, wellness, career, entrepreneurial and continuing education services, at no out-of-pocket cost to the former player. A former player who has completed at least two (2) credited seasons is eligible to receive The Trust's earned benefits.

The Trust offers services within three key areas of life: Community and Connection Opportunities, Health and Wellness Resources, and Personal and Business Development. Through the strength of these Pillars, the Trust provides support with a trusted team dedicated to helping Members win in their next season.

For additional information visit: playerstrust.com
or call 1-866-725-0063



THE TULANE UNIVERSITY SCHOOL OF MEDICINE in New Orleans is one of the nation's most recognized centers for medical education, research, health care, and public service. The School of Medicine offers several programs designed to assess the health needs and provide world-class medical care to former NFL players.

The School of Medicine is the medical and research partner in the NFL Player Care Foundation's Healthy Body and Mind Screening Program, offering former NFL players cardiovascular and prostate screenings, as well as mental health resources and education.

In 2011, the Professional Athlete Care Team (PACT) at the Tulane Center for Sport was formed and has been caring for retired professional athletes through partnerships with the National Football League and National Football League Players Association. PACT's unique care model — using athletic trainers to provide athletes a higher level of comfort and familiarity — is designed to meet the specific needs of former professional athletes. Privacy and transparency are hallmarks of the program, allowing professional athletes the freedom to discuss their health in a safe, trusting environment.

For additional information visit: centerforsport.tulane.edu



BOARD OF DIRECTORS

The Player Care Foundation's Board of Directors are committed to advancing the Foundation to better serve retired players. Our directors come from a variety of backgrounds and each contribute their unique expertise to find ways to increase outreach.



WELCOMING NEW BOARD MEMBERS



CARLIE IRSAY-GORDON

Q: What inspired you to join the NFL PCF BOD?:

A: I am proud of all our League does to promote the wellbeing of current and former players—the ultimate ambassadors of our game. In particular, the NFL Player Care Foundation's support of retired players throughout their transitions into their next life chapters is tremendous. It's a great honor for me to serve on this Foundation's board and contribute to this most important cause.



RONNIE BARNES

Q: What inspires you?

A: As a health care practitioner, I am inspired by helping people overcome their physical, emotional and financial needs. I am energized by the notion of making people's lives better. My parents instilled in me a passion for giving back to others to make this a better world. I try to do a simple something for someone every day of my life.



**TRICIA BENT-GOODLEY PH. D,
LICSW, LCSW-C**

Q: What excites you about serving on NFL PCF's BOD?

A: I am excited about being able to collectively make a positive difference in the lives of former players. I want them to know that they are not alone, they are not forgotten and there are people who care for them long after they stop playing. I am excited about all we can accomplish for them working together.



WILL SHIELDS

Q: What inspired you to join the PCF BOD?

A: Growth inspires me to be better everyday by looking at all angles of life. I live by the mantra of Hanta yo or "clear the way". The opportunity to learn and be a part of a group that can make a difference in all aspects of our lives is why I joined.

ALL BOARD MEMBERS:



ANDRE COLLINS

NFL Players Association Appointee

Andre Collins played in the NFL for 10 years including starting in Super Bowl XXVI for the Washington Commanders. He currently serves as Executive Director of the NFLPA's Professional Athletes Foundation (PAF), providing assistance to players and their families in a time of need. He is responsible for managing a team that services the League's former players, creating a sense of community, compassion and opportunity. Andre is committed to giving former players a better quality of life and new sense of purpose after the game. As an alumnus of Penn State University, Andre was inducted into the Penn State Alumni Fellow Class of 2021 and awarded the Alumni Fellow Award – the most prestigious award given by the University's Alumni Association.

Andre has served on the NFL Player Care Foundation's Board of Directors since the Foundation's inception in 2007.



AL SMITH

NFL Alumni Association Appointee

Al Smith played in the NFL for 10 seasons as an All-Pro Linebacker for the Houston Oilers. After his playing career, Al spent nearly a decade in the Tennessee Titans (formerly the Houston Oilers) front office in various Scouting and Player Development roles. Since 2015, he has worked for the League as a Game Day Compliance Operations Officer. Additionally, the former NFL-All Pro is the Vice Chairman of the Board of Directors for the NFL Alumni Association, providing independent advice and counsel to both the Chairman and the CEO. Al also serves as a Financial professional for Transamerica. Al published a book titled Think Like a Pro – Act Like a Pro, which focuses on game-winning strategies to achieve results, discipline, and success in life and business.

Al has served on the NFL Player Care Foundation's Board of Directors since 2019.

CARLIE IRSAY-GORDON

PCF Board Appointee



Carlie Irsay-Gordon is in her 12th season as vice chair/owner of the Indianapolis Colts. She joined the Colts as vice president in 2008 and, along with sisters Casey Foyt and Kalen Jackson, represents the next generation of ownership of the club. Raised in and around the organization, Irsay-Gordon interned with the Colts football operations and marketing departments while pursuing her undergraduate degree in religious studies from Skidmore College. Irsay-Gordon is involved in all aspects of the organization, with an emphasis on football operations and the team's digital, social media, content and production operations. She is a member of the NFL's Media Owned & Operated Committee, which oversees the NFL Network, NFL.com, NFL Mobile and other league-owned media properties. As the only active female member of the committee, she is responsible for setting strategies and policy related to traditional and digital media initiatives across the NFL and its clubs. Irsay-Gordon also is a member of the NFL's Security & Fan Conduct Committee and has represented the Colts at NFL Owners' Meetings since 2004. She is also involved in the Indianapolis community, serving on the boards of Visit Indy, the city's convention and tourism bureau, and Park Tudor School. She also has served as co-chair of the Indy Championships Fund, which was charged with raising private dollars to host the 2021 NCAA Men's Basketball Tournament, the 2022 College Football Playoffs Championship game and the upcoming 2024 NBA All-Star Game. Irsay-Gordon resides in Indianapolis with her husband, Zach Gordon, and three children.

Carlie has served on the NFL Player Care Foundation's Board of Directors since August 2022.

OZZIE NEWSOME

National Football League Appointee



Ozzie Newsome played in the NFL for 13 seasons as a Tight End for the Cleveland Browns and is a member of the Pro Football Hall of Fame. He has spent an additional 29 years holding various executive positions in the NFL. From 2002 to 2018 Ozzie served as the General Manager of the Baltimore Ravens, the first African-American to occupy this position in League history. Despite stepping down as General Manager in 2018, Ozzie is still heavily involved in the Ravens front office operations. Ozzie has experienced many great NFL moments, but it is the day to day, being in touch with the players that he most enjoys. His PCF board position gives him the opportunity to help the many great men who paved the way for today's game.

Ozzie has served on the NFL Player Care Foundation's Board of Directors since the Foundation's inception in 2007.



ROMAN OBEN

PCF Board Appointee

Roman Oben joined the NFL in 2015 and now serves as the NFL's Vice President of Football Development. He leads NFL Youth football development and growth platforms assisting all 32 clubs and their communities, as well as external football stakeholders' engagement. Roman also revamped the NFL College Outreach program to improve communications with college programs and their student athletes. Roman's professional playing career began with the New York Giants in 1996 and continued in Cleveland, and then Tampa Bay, where he was a starting left tackle on the Buccaneers Super Bowl XXXVII team. Roman finished his 12-year NFL career with the Chargers. Roman has been a leader and advocate for post-NFL career transition receiving countless awards for community service both on and off the field.

Roman has served on the NFL Player Care Foundation's Board of Directors since 2015.



RONNIE BARNES

PCF Board Appointee

Ronnie Barnes has been a member of the New York Giants organization since 1976 and the team's Head Athletic Trainer since 1980. As one of the most respected athletic trainers in professional sports, Barnes has earned many accolades, including being voted as the Athletic Trainer of the Year by NFL team physicians in 2003. Barnes was also the first African-American graduate of the Sports Medicine Department at East Carolina University, where he has since been honored for his many contributions through the school's opening of the Ronnie Barnes African-American Library and Resource Center within its Joyner Library. In 2022, Barnes was inducted into the North Carolina Sports Hall of Fame, as well as the Giants Ring of Honor at MetLife Stadium. In addition to serving on PCF's board, Barnes serves on the board of the Hospital for Special Surgery (HSS) Board of Medical Advisors.

Ronnie has served on the NFL Player Care Foundation's Board of Directors since August 2022.

40



TRICIA BENT-GOODLEY PH.D., LICSW, LCSW-C

PCF Board Appointee

Dr. Tricia Bent-Goodley is in her 9th season as Team Behavioral Health Clinician for the Baltimore Ravens. In this role, she focuses on all aspects of behavioral health, wellness, and mental performance to include clinical care, crisis management and mental health education for players, coaches, and significant others. She also provides consultation, assessment, referrals and, if needed, clinical intervention for club personnel. Dr. Tricia is a member of the NFL Team Clinician Advisory Board and Chairs the Raven's Health and Wellness Committee. Prior to joining the Ravens, Dr. Tricia was a non-profit administrator, college professor, researcher and national speaker. She retired as Professor Emeritus from Howard University where she maintains an appointment as Graduate Professor of Public Health.

Dr. Tricia has served on the NFL Player Care Foundation's Board of Directors since August 2022.



WILL SHIELDS

Professional Football Hall of Fame Appointee

Will Shields is a former NFL offensive guard with a winning streak of performance success on the field, having never missed a game during his 14 seasons with the Kansas City Chiefs. At the University of Nebraska, Shields earned consensus All-American honors and the Outland Trophy. Will was also awarded the NFL Walter Payton Man of the Year honors in 2003. Outside of football, the Hall of Fame inductee launched his "Will to Succeed" Foundation in 1993, a charitable organization that has raised millions of dollars and helped over 100,000 individuals since its inception. The Foundation's mission is to help in "guiding and inspiring the lives of those less fortunate by providing financial, educational and other everyday resources to those identified as most in need." Will has also earned Hall of Fame honors with the NFL, Kansas City Chiefs, and College Football.

Will has served on the NFL Player Care Foundation's Board of Directors since August 2022.

41

OFFICERS



HAROLD HENDERSON – *President*

Harold R. Henderson served as NFL Executive Vice President for Labor Relations and Chairman of the NFL Management Council Executive Committee for sixteen years. In 2007 Mr. Henderson focused on Player Development programs; drug, alcohol, steroid and conduct policies; and benefits for current and former players. He has been President of the Player Care Foundation since its creation, and he has continued in that role after his retirement from the NFL in 2012.



BELINDA LERNER – *Executive Director*

Belinda Lerner is the Executive Director for the Player Care Foundation and Vice President of NFL Alumni Affairs and Retired Player Programs. In her role as Executive Director, Belinda is responsible for directing all the Foundation's operations, including grant distribution and managing charitable partnerships and programs. As Vice President, Belinda represents the NFL in a variety of matters focusing primarily on player disabilities and health and wellness programming.



BRENDAN WILSON – *Secretary*

Brendan Wilson is a partner at Faegre Drinker, where he serves as a member of the firm's tax-exempt organizations practice group. In that role, Mr. Wilson counsels charities, private foundations and associations on tax and corporate law matters. He has worked with the NFL Player Care Foundation since its founding in 2007.



DANA LIHAN – *Program Director*

Dana Lihan is currently a Program Director for the NFL Player Care Foundation. In this role Dana provides direction on all PCF programs, including player case management, career transition, financial assistance, and health & wellness. Additionally, Dana works closely with all 32 NFL clubs in executing PCF's Healthy Body & Mind Screening Program. Prior to joining PCF Dana directed the activities of the NFL Alumni's Dire Need Charitable Trust, and since 2001 she has worked as a Certified Child Advocate with the Guardian Ad Litem Program, which provides legal support for abused, abandoned, and neglected children in foster care.



ANDREW JO – *Program Manager*

Andrew Jo is a Senior Manager of Retired Player Programs at the National Football League. In this role Andrew manages incoming player cases for the NFL Player Care Foundation and provides support to former NFL players in the areas of post career resources, financial assistance, and mental health and wellness. In addition to case management, Andrew evaluates all PCF grant requests to ensure grant making is ethical, transparent, and compliant with the Foundation's bylaws as well as manages PCF's annual operating budget and all financial reporting for the Foundation. Since 2019, Andrew has served as the inaugural Chairperson for the NFL's Asian Professional Exchange (APEX) Employee Resource Group, where he works to promote the integration of DEI initiatives into the NFL business plan, focus groups and educational/cultural awareness trainings. Prior to his work at the NFL, Andrew was a Peace Corps Volunteer in the Republic of Zambia where he worked alongside the Zambian Ministry of Education on strengthening its radio education and open & distance learning initiatives.



JASON CANTOR – *Program Manager*

Jason Cantor is a Manager of Retired Player Programs at the National Football League. In this role, Jason manages incoming player cases for the Player Care Foundation and provides support to retired NFL players in the areas of financial assistance, health and wellness, and NFL benefits. Jason's role includes overseeing relations with all 32 NFL clubs. In 2018, Jason launched the NFL PCF Career Program with the purpose of connecting former players with relevant employment opportunities. Under Jason's direction, the NFL PCF Career Program has helped bridge the gap between NFL partners and NFL Legends. To date, over 1,730 former players have registered for the program, gaining the opportunity to network and apply for jobs with 100 employers. Prior to his time with the NFL, Jason worked on the philanthropic and volunteer initiatives of the 2014 NY/NJ Super Bowl Host Committee. In his free time, Jason serves on the Leadership Council for Up2Us Sports and on the Alumni Board of Directors at his alma mater, The College of New Jersey. Jason is currently completing his MBA at the University of North Carolina's Kenan-Flagler Business School.



NATE RECKNAGEL, LMSW, LICSW – *Clinical and Research Director*

Nate Recknagel is currently the Clinical and Research Director for the Player Care Foundation. Nate's prior experience as a Clinical Social Worker allows him to effectively serve as a liaison between former players and social service providers, with the goal of satisfying the emotional, financial, health, employment, and all other needs of former players. Nate provides direction on all Clinical PCF Programs, which includes PCF's Mental Health Screening Program, clinical research, and clinical treatment partnerships. In the past, Nate served as a Mental Health Clinician with the Psychiatric Emergency Services in the University of Michigan Department of Psychiatry and as a Medical Social Worker at Saint Joseph Mercy Hospital in Ann Arbor, MI. Prior to becoming a social worker, Nate played baseball at the University of Michigan and with the Cleveland Guardians organization.



VALON ALFORD, LICSW, LCSW, PMH-C, CSE – *Clinical Program Manager*

Valon leverages her expertise as a clinical social worker to develop programs and resources which address the behavioral health needs of former players, including access to mental health treatment, discharge planning, and education and empowerment. Valon has helped create programs such as the Sober Living Fund, which helps former players go to sober living to address alcohol and substance use disorders for up to three months. Additionally, she played an instrumental role in curating and facilitating the 2022 NFL Spring Behavioral Health Summit during Mental Health Awareness Month. Valon also chairs PCF's Racial Equity Committee (REC), which was created in 2020 following the murder of George Floyd in an effort to better understand the unique experiences of Black and Brown former players, as well as to advocate on their behalf. Since its inception, the REC has worked diligently to foster an antiracist culture at PCF by bringing in top Diversity, Equity, Inclusion and Belonging Experts to facilitate consultations and workshops for staff and trustees. Valon's dream for PCF's future is to extend its advocacy efforts to include family programming that addresses maternal health and widows of deceased players; family is often a stabilizing and protective factor for former players, and it is important that we also address their unique needs.



A.J. FORBES – *Program Coordinator*

A.J. Forbes serves as the coordinator for the NFL PCF Career Program. In his role, A.J. spearheads Career Portal expansion efforts, assists with the planning and execution of career fairs, and helps improve the quality of life of retired NFL players through career opportunities. While working at PCF, A.J. earned his Master of Business Administration (MBA) and Master's in Sports Business Management (MSBM) from the University of Central Florida in December of 2021, where he served as a lead graduate assistant for Dr. Richard Lapchick at The Institute for Diversity and Ethics in Sport (TIDES). Prior to NFL PCF, the Iowa-native spent time with the Kansas City Chiefs, The Trust (Powered by the NFLPA), and the University of Northern Iowa.



KERENSA STEPHENSON – *Operations Coordinator*

Kerensa Stephenson is a Coordinator for the NFL Player Care Foundation and NFL Management Council. Before joining the NFL, Kerensa worked as an Operating Coordinator in the financial industry specializing in operational and administrative technology, project management, and client relations. Kerensa leverages these skills with the Player Care Foundation in processing account verifications for financial grants, and assists in coordinating special projects and events. A Toronto native now living in Brooklyn, NY, Kerensa is a certified IT Support Specialist pursuing studies in Data Analytics. Kerensa's goal is to apply data-driven insights to assist in designing Player Care program solutions and services for retired players. In her free time, Kerensa enjoys exploring her Brooklyn neighborhood, trying new restaurants, and attending live music events. Her favorite place to travel is New Orleans, where she enjoys being a foodie and watching her favorite NFL team, the New Orleans Saints, play.



DOMINIQUE CURRY – *Operations Support Coordinator*

Dominique Curry is currently the Operational Support Coordinator for the NFL Player Care Foundation. In this role, Dominique directs various administrative responsibilities that are essential to the overall function of the Foundation. Dominique has 2 credited seasons with the NFL in which he played for three teams (St. Louis Rams, Detroit Lions and Carolina Panthers). Dominique uses his connections as a former player to help encourage, educate and provide the resources that the Player Care Foundation has to other former players. Prior to joining PCF, Dominique was a Program Coordinator for an Anti-Violence Initiative in Philadelphia, PA. Dominique's also a High School football coach at the prestigious St. Joseph Preperatory High School.



RENEE STURM – *Clinical Intern*

Renee Sturm is our newest addition to the NFL PCF team, working as a Clinical Social Work Intern under Nate Recknagel in behavioral health. She is currently a Master of Social Work student at the University of Michigan, graduating in July 2023. Renee earned her Bachelor of Science in Healthcare Systems Administration from Ferris State University where she also played Women's Basketball for four years. Her background in competitive athletics has aided in her success at PCF where she works closely with NFL Legends as a case manager – supporting new program development, working with data analytics, and attending Healthy Body & Mind Screenings. Among Renee's notable accomplishments since joining PCF are the development of an accessible online version of the NFL Service Providers' Resource Guide, the implementation of a new Player Dashboard to increase accessibility of the grant application process, and the creation of a proposal that led to the employment of EXL Solutions as a third-party data analytics group for PCF. As her internship ends, she hopes to continue pursuing her passion for mental health services amongst high-level athletes.

IN REMEMBRANCE OF THE NFL LEGENDS WHO PASSED IN 2022

1/1/2022 - 12/31/2022

● = HALL OF FAMER

ROBERT ALEXANDER	KENNETH BURROUGH	GEORGE DONNELLY	CHARLES HARPER
RASHARD ANDERSON	JIMMY BURSON	JOHN DOUGLAS	FRANCO HARRIS
ROBERT BABICH	DAVID BUTZ	WILLIAM DUNSTAN	DWAYNE HASKINS
MARION BARBER	GINO CAPPELLETTI	GAVIN ESCOBAR	WAYNE HAWKINS
ERICH BARNES	DEAN CARLSON	MICHAEL FANNING	BRAD HENKE
ALLAN BARRY	ELROY COAN	JAYLON FERGUSON	DAVID HERMAN
SANTONIO BEARD	EDWARD COOKE	ROSS FICHTNER	DAVID HILL
EDWARD BELL	WALTER COREY	CHARLES FORD	RONNIE HILLMAN
WILLIAM BELL	ROBERT CREECH	CHARLES FRAZIER	MARTIN HOCHERTZ
ALBERT BEMILLER	CARL CUNNINGHAM	ROCKNE FREITAS	FRED HYATT
TREVA BOLIN	FRANCIS DAVIDSON	DWIGHT GARNER	SALE ISAIA
GARLAND BOYETTE	TYRONE DAVIS	CURTIS GENTRY	GEORGE IZO
CHARLES BRADLEY	LEONARD DAWSON	DAREN GILBERT	LIONEL JAMES
MARLIN BRISCOE	RALPH DELOACH	JEFF GLADNEY	EDWARD JASPER
GARY BROWN	JACK DELOPLAINE	KENNETH GRANDBERRY	CHARLES JOHNSON
BOOKER BROWN	ANTONIO DENNARD	MARRIO GRIER	DEMETRIOUS JOHNSON
ROSS BROWNER	WALLACE DICKEY	WILLIAM GUY	SHELBY JORDAN
JOHN BRUHIN	ADRIAN DINGLE	JOHN HADL	JEFF JORDAN

JAMES KELLY	ARNOLD MICKENS	DANIEL REEVES	CECIL TAYLOR
STEVE KINNEY	LEROY MOORE	JAMES RICHARDS	EARLIE THOMAS
GARY KNAFELC	JACK MORRIS	RAYMOND RISSMILLER	CHARLEY TRIPPI
LUTHER KNIGHT	GUY MORRISS	MELVIN ROBINSON	IRA VALENTINE
KENNETH KORTAS	BRENT MOSS	MIKE ROBINSON	THOMAS VAN GALDER
DARYLE LAMONICA	NICHOLAS MUMLEY	ALDEN ROCHE	BILLY WADDY
WILLIAM LASKEY	CHARLES MYRTLE	ROY SCHMIDT	MALCOLM WALKER
PETER LISKE	RALPH NEELY	GEORGE SEALS	ROBERT WATKINS
WARREN LIVINGSTON	UCHE NWANERI	JOHN SHINNERS	JOHN WATSON
EDWARD LOTHAMER	SHANE OLIVEA	GEORGE SHIRKEY	CORNELL WEBSTER
HERB LUSK	BRYANT ORTEGO	SAOUSOALII SIAVII	CLAYTON WEISHUHN
JAMES LYNCH	BRIGMAN OWENS	ANTHONY SIRAGUSA	WILLIAM WHITAKER
CALVIN MAGEE	RIDDICK PARKER	MALCOLM SNIDER	BRADLEY WHITE
FRANK MANUMALEUNA	ROBERT PARSONS	MICHAEL SOMMER	WILLIAM WHITE
ALVIN MAXSON	JOSEPH PATTON	JOHN STOFA	STEPHEN WHITE
DONALD MAYNARD	ROBERT PENNYWELL	WILLIAM SUGGS	A.D. WHITFIELD
WILLIE MCCRAY	DONALD PERKINS	DOUGLAS SUTHERLAND	CLARENCE WILLIAMS
HUGH MCELHENNY	GERALD PERRY	JAMES SWEENEY	JIMMY WILLIAMS
RUSSELL MCFARLAND	BOBBY PLY	VERYL SWITZER	ROY WINSTON
JOHN MCGEEVER	STEVEN POOLE	ROBERT TALAMINI	LARRY WRIGHT
MICHAEL MERRITT	MARVIN POWELL	LARS TATE	FRANK YOUSO
CURTIS MERZ	RICHARD REDMAN	CHARLES TAYLOR	



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