CAHR MICHAEL E

Form 4 July 21, 2010

## FORM 4

### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

OMB 3235-0287

**OMB APPROVAL** 

Number:

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Check this box if no longer subject to Section 16. Form 4 or Form 5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940

See Instruction 1(b).

obligations

(Print or Type Responses)

1. Name and Address of Reporting Person \* CAHR MICHAEL E

2. Issuer Name and Ticker or Trading Symbol

5. Relationship of Reporting Person(s) to Issuer

METROPOLITAN HEALTH NETWORKS INC [MDF]

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)

X\_ Director 10% Owner Officer (give title Other (specify below)

250 S. AUSTRALIAN **AVENUE, SUITE 400** 

> (Street) 4. If Amendment, Date Original

> > Filed(Month/Day/Year)

07/19/2010

6. Individual or Joint/Group Filing(Check

Applicable Line)

\_X\_ Form filed by One Reporting Person Form filed by More than One Reporting

# WEST PALM BEACH, FL US

(State)

(Zip)

33401

(City)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1.Title of | 2. Transaction Date | 2A. Deemed         | 3.         | 4. Securities       | 5. Amount of | 6. Ownership | 7. Nature of |
|------------|---------------------|--------------------|------------|---------------------|--------------|--------------|--------------|
| Security   | (Month/Day/Year)    | Execution Date, if | Transactio | onAcquired (A) or   | Securities   | Form: Direct | Indirect     |
| (Instr. 3) |                     | any                | Code       | Disposed of (D)     | Beneficially | (D) or       | Beneficial   |
|            |                     | (Month/Day/Year)   | (Instr. 8) | (Instr. 3, 4 and 5) | Owned        | Indirect (I) | Ownership    |
|            |                     |                    |            |                     | Following    | (Instr. 4)   | (Instr. 4)   |
|            |                     |                    |            | ( )                 | Reported     |              |              |

(A) Transaction(s) or (Instr. 3 and 4)

Code V Amount (D) Price

Common 5,024 07/19/2010 A \$0  $112,202 \frac{(2)}{2}$ D (1) Stock

Common see  $747,533 \frac{(3)}{}$ Ι Stock footnote #3

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

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#### Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of | f 2.         | 3. Transaction Date | 3A. Deemed         | 4.         | 5.         | 6. Date Exer | cisable and | 7. Titl | le and      | 8. Price of | 9. Nu  |
|-------------|--------------|---------------------|--------------------|------------|------------|--------------|-------------|---------|-------------|-------------|--------|
| Derivative  | e Conversion | (Month/Day/Year)    | Execution Date, if | Transacti  | orNumber   | Expiration D | ate         | Amou    | ınt of      | Derivative  | Deriv  |
| Security    | or Exercise  |                     | any                | Code       | of         | (Month/Day/  | /Year)      | Under   | rlying      | Security    | Secui  |
| (Instr. 3)  | Price of     |                     | (Month/Day/Year)   | (Instr. 8) | Derivativ  | e            |             | Secur   | ities       | (Instr. 5)  | Bene   |
|             | Derivative   |                     |                    |            | Securities | S            |             | (Instr. | . 3 and 4)  |             | Owne   |
|             | Security     |                     |                    |            | Acquired   |              |             |         |             |             | Follo  |
|             |              |                     |                    |            | (A) or     |              |             |         |             |             | Repo   |
|             |              |                     |                    |            | Disposed   |              |             |         |             |             | Trans  |
|             |              |                     |                    |            | of (D)     |              |             |         |             |             | (Instr |
|             |              |                     |                    |            | (Instr. 3, |              |             |         |             |             |        |
|             |              |                     |                    |            | 4, and 5)  |              |             |         |             |             |        |
|             |              |                     |                    |            |            |              |             |         | A           |             |        |
|             |              |                     |                    |            |            |              |             |         | Amount      |             |        |
|             |              |                     |                    |            |            | Date         | Expiration  | T:41-   | or<br>Namel |             |        |
|             |              |                     |                    |            |            | Exercisable  | Date        |         | Number      |             |        |
|             |              |                     |                    | C-1- V     | (A) (D)    |              |             |         | of          |             |        |
|             |              |                     |                    | Code v     | (A) (D)    |              |             |         | Shares      |             |        |

### **Reporting Owners**

Relationships Reporting Owner Name / Address

> Director 10% Owner Officer Other

CAHR MICHAEL E 250 S. AUSTRALIAN AVENUE SUITE 400 WEST PALM BEACH, FL US 33401

X

### **Signatures**

/s/ Michael E.

Cahr 07/21/2010

Date \*\*Signature of Reporting Person

### **Explanation of Responses:**

- If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- Shares issued as compensation for service on the Board of Directors for 2010. These shares are restricted and are scheduled to vest on 6/30/2011.
- Includes (i) 31,902 shares owned directly by Mr. Cahr or in individual accounts he controls, (ii) 40,400 shares held by Mr. Cahr jointly **(2)** with Mr. Cahr's spouse, (iii) 39,900 shares held in Mr. Cahr's individual retirement account.
- Includes (i) 706,833 shares held in the Cahr Dynastic Trust, over which Mr. Cahr has voting and investment power, (ii) 26,200 shares held by Mr. Cahr in a money purchase plan, (iii) 10,000 shares held in Mr. Cahr's spouse's individual retirement account, (iv) 4,500 shares held by Mr. Cahr in a 401(k) retirement plan. Does not include 89,000 shares held by Mr. Cahr's daughter, 10,000 shares held by Mr. Cahr's son and 5,000 shares held by Mr. Cahr's grandson, with respect to which Mr. Cahr disclaims beneficial ownership.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

Reporting Owners 2