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VERIZON COMMUNICATIONS INC Form 4 April 10, 2017					
FORM 4 UNITED STATES	OMB A OMB Number:	PPROVAL 3235-0287			
Subject to Section 16. Form 4 or Form 5 obligations may continue Fort 16. Filed pursuant to S Section 17(a) of the I	Washington, D.C. 20549 F CHANGES IN BENEFICIAL OV SECURITIES Section 16(a) of the Securities Exchan Public Utility Holding Company Act of of the Investment Company Act of 19	ge Act of 1934, of 1935 or Section	Expires: Estimated a burden hou response	irs per	
(Print or Type Responses)					
1. Name and Address of Reporting Person <u>*</u> REED MARC C	2. Issuer Name and Ticker or Trading Symbol VERIZON COMMUNICATIONS INC [VZ]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (Middle) VERIZON COMMUNICATIONS INC., 1095 AVENUE OF THE AMERICAS	3. Date of Earliest Transaction(Month/Day/Year)04/06/2017	Director 10% Owner X Officer (give title Other (specify below) below) EVP & Chief Admin. Officer			
(Street)	4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
NEW YORK, NY 10036		Person		oportung	
(City) (State) (Zip)	Table I - Non-Derivative Securities Advised to the securities Advised to the securities Advised to the securities advised to the security of the secure securety of the security of the security of the securety of the	equired, Disposed of,	or Beneficial	lly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemo Execution any (Month/Day/Year)	Date, if TransactionAcquired (A) or Code Disposed of (D) ay/Year) (Instr. 8) (Instr. 3, 4 and 5) (A) or	SecuritiesForBeneficially(DOwned(I)	Ownership orm: Direct)) or Indirect) nstr. 4)	Indirect	
Reminder: Report on a separate line for each cla	Code V Amount (D) Price				

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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 2. Derivative Conversion Security or Exercise (Instr. 3) Price of Derivative Security		3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date any (Month/Day/Y	Coc	le	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. F Der Sec (Ins
				Coo	le V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock (unitized)	<u>(1)</u>	04/06/2017		А		88.514		<u>(1)</u>	<u>(1)</u>	Common Stock	25	\$
Repor	ting Ov	wners										
Repor	ting Owner N	Name / Address				Relations	hips					
			Director 1	0% Owne	r C	Officer			Othe	er		
1095 AVE	COMMUN	NICATIONS INC. HE AMERICAS 136]	EVP & Cl	hief .	Admin. Offi	icer			
Signat	ures											
•		., Attorney-in-fact	t for Marc C.		0	4/10/201	7					
	<u>**</u> Signatur	e of Reporting Person				Date						
Explar	nation	of Respor	ises:									
* If the fo	orm is filed by	more than one reporting	ng person, see Ii	nstruction	4(b)(v	v).						

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** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

- (1) Each share of phantom stock is the economic equivalent of a portion of one share of common stock and is settled in cash. The shares of phantom stock become payable upon events established by the reporting person in accordance with the deferred compensation plan.
- (2) Includes phantom stock acquired through dividend reinvestment.

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.