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VERIZON COMMUNICAT Form 4 March 27, 2017	IONS INC						
FORM 4 UNITED				OMB A	PPROVAL		
UNITED	OMB Number:	3235-0287					
Check this box if no longer subject to Section 16. Form 4 or	MENT OF CHAI	NGES IN BENEFICIAL OV SECURITIES	Expires: January 31, 2005 Estimated average burden hours per response 0.5				
abligations	(a) of the Public U	16(a) of the Securities Exchar Jtility Holding Company Act nvestment Company Act of 1	of 1935 or Section	·			
(Print or Type Responses)							
1. Name and Address of Reporting Ellis Matthew D.	Symbol	er Name and Ticker or Trading CON COMMUNICATIONS 7Z]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First) (VERIZON COMMUNICAT INC., 1095 AVENUE OF T AMERICAS	(Month/ TIONS 03/23/2	of Earliest Transaction Day/Year) 2017	Director 10% Owner X Officer (give title Other (specify below) below) EVP and CFO				
(Street)		endment, Date Original onth/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
NEW YORK, NY 10036			Form filed by M Person	lore than One R	eporting		
(City) (State)	(Zip) Tak	ole I - Non-Derivative Securities A	cquired, Disposed of	, or Beneficia	lly Owned		
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or	SecuritiesFBeneficially(IOwned(I)) or Indirect	Indirect		
Reminder: Report on a separate line	e for each class of sec	Code V Amount (D) Price					

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)			ode	5. Number of iorDerivative 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. I De Sec (In
				Co	ode V	/ (A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock (unitized)	<u>(1)</u>	03/23/2017		1	A	78.222		<u>(1)</u>	<u>(1)</u>	Common Stock	22	\$
Repor	ting O	wners										
Reporting Owner Name / Address		Relationships										
		Director 10	0% Own	er (Officer		Other					
1095 AVE	COMMUN	VICATIONS INC. HE AMERICAS 136				EVP and	CFO					
Signat	ures											
William L Ellis	. Horton, Jr	., Attorney-in-fact	for Matthew	D.		03/27/2	2017					
	<u>**</u> Signa	ture of Reporting Person				Date						
Explar	nation	of Respor	ises:									
* If the fo	rm is filed by	more than one reporti	ng person, <i>see</i> In	struction	1 4(b)((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.