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VERIZON COMMUNICATI Form 4 May 26, 2015	ONS INC					
FORM 4 UNITED	OMB A OMB Number: Expires:	PPROVAL 3235-0287 January 31, 2005				
Section 16. Form 4 or Form 5 Filed pur	suant to Sectio a) of the Public	ANGES IN BENEFICIAL OV SECURITIES n 16(a) of the Securities Exchar to Utility Holding Company Act to Investment Company Act of 1	nge Act of 1934, of 1935 or Section	Estimated burden hou response	irs per	
(Print or Type Responses)						
1. Name and Address of Reporting WALDEN MARNI M	Symb VER	suer Name and Ticker or Trading ol IZON COMMUNICATIONS [VZ]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) (1 VERIZON COMMUNICAT INC., 1095 AVENUE OF TH AMERICAS	(Mon IONS 05/2	e of Earliest Transaction h/Day/Year) 1/2015	Director 10% Owner X Officer (give title Other (specify below) below) EVP&Pres of Prod Innov&New Bus			
(Street)		Amendment, Date Original Month/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	ore than One R	eporting	
(City) (State)	(Zip)	able 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, i any (Month/Day/Yea	Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or	SecuritiesForBeneficially(II)Owned(II)	Ownership orm: Direct)) or Indirect) nstr. 4)	Indirect	
Reminder: Report on a separate line	for each class of	Code V Amount (D) Price	or indirectly.			

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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 Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	 4. 5. Number of TransactiorDerivative Code Securities (Instr. 8) 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. De Se (II		
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock (unitized)	<u>(1)</u>	05/21/2015		А		100.487		<u>(1)</u>	<u>(1)</u>	Common Stock	29	\$
Reporting Owners												
Demostring Oceanor Name (Address			Relationships									
Reporting Owner Name / Address		Director 10% Owner Officer							Other			
VERIZON 1095 AVE		NICATIONS INC. HE AMERICAS			E	EVP&Pres	of P	rod Innov&	New Bus			
Signat	ures											
William L Walden	. Horton, Jr	., Attorney-in-fact	t for Marni M.			05/26/2	015					
	<u>**</u> Signa	ture of Reporting Persor	1			Date						
Explanation of Responses:												

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* 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).

(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.