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VERIZON (Form 4 February 29	COMMUNICATI , 2016	IONS INC	2								
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSI								OMB APPROVAL			
	SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES						OMB Number:	3235-0287			
Check th if no lon subject to Section 2 Form 4 c							Expires: January 31 2005 Estimated average burden hours per				
Form 5 obligatio may con <i>See</i> Instr 1(b).	Filed pur ons Section 17(a) of the l	Public U		ding Cor	npan	y Act	nge Act of 1934, of 1935 or Sectio 940	response	. 0.5	
(Print or Type	Responses)										
1. Name and A Stratton Joh	2. Issuer Name and Ticker or Trading Symbol VERIZON COMMUNICATIONS INC [VZ]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(Last) VERIZON INC., 1095 AMERICA	3. Date of Earliest Transaction(Month/Day/Year)02/25/2016					Director 10% Owner XOfficer (give title Other (specify below) below) EVP & President of Operations					
				endment, Da onth/Day/Yea	-	ıl		6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
NEW YOR	K, NY 10036							Form filed by Person	More than One R	eporting	
(City)	(State)	(Zip)	Tab	ole I - Non-I	Derivative	Secur	rities A	cquired, Disposed o	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	Security (Month/Day/Year) Execution		Date, if	Code Disposed of (D) Year) (Instr. 8) (Instr. 3, 4 and 2 (A) or) 5)	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect	
Reminder: Per	port on a separate line	for each of	ass of see	Code V			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. 3. Transaction Date Conversion (Month/Day/Year) or Exercise Price of Derivative Security		3A. Deemed Execution Date, if any (Month/Day/Year)	cution Date, if Transa Code		5. Number of orDerivative Securities Acquired (A) of Disposed of (I (Instr. 3, 4, and	D)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Stock (unitized)	<u>(1)</u>	02/25/2016		А		5,495.146		<u>(1)</u>	<u>(1)</u>	Common Stock	1,568
Reporting Owners											
Reporting Owner Name / Address			Director 10% (0	Relationship	Other					
Stratton John G VERIZON COMMUNICATIONS INC. 1095 AVENUE OF THE AMERICAS NEW YORK, NY 10036			EVP & President of Operations								
Signat	ures										
William L Stratton	. Horton, Jr	., Attorney-in-fact	for John G.			02/29/2016					
	<u>**</u> Signatu	ure of Reporting Person				Date					
Explar	nation	of Respor	ises:								

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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.