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				Shares		(I) (Instr. 5)	
Stock Appreciation Right	Â (1)	11/06/2023	Common Stock	1,750	\$ 45.3	D	Â
Stock Appreciation Right	Â (2)	11/06/2023	Common Stock	2,250	\$ 45.3	D	Â
Stock Appreciation Right	Â (3)	02/05/2024	Common Stock	2,625	\$ 47.97	D	Â
Stock Appreciation Right	Â (4)	02/05/2024	Common Stock	2,100	\$ 47.97	D	Â
Stock Appreciation Right	Â (5)	02/04/2025	Common Stock	5,000	\$ 68.96	D	Â
Stock Appreciation Right	Â (6)	01/29/2026	Common Stock	3,760	\$ 69.58	D	Â
Stock Appreciation Right	Â (7)	02/01/2027	Common Stock	4,040	\$ 81.96	D	Â
Stock Appreciation Right	Â (8)	01/31/2028	Common Stock	5,040	\$ 101.16	D	Â
Stock Appreciation Right	Â (9)	10/31/2028	Common Stock	13,730	\$ 133.53	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Whalen Kathleen M ONE PARK PLAZA NASHVILLE, TN 37203	Â	Â	Â SVP & Chief Ethics Officer	Â

Signatures

/s/ Virginia Chase Crocker,
Attorney-in-Fact

01/10/2019

__Signature of Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 5(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) The stock appreciation rights vested in four equal annual installments beginning on November 6, 2014.
- (2) The stock appreciation rights vested at the end of fiscal years 2013, 2014, 2015 and 2016 based upon the achievement of certain annual EBITDA performance targets.
- (3) The stock appreciation rights vested in four equal annual installments beginning on February 5, 2015.
- (4) The stock appreciation rights vested at the end of fiscal years 2014, 2015, 2016 and 2017 based upon the achievement of certain annual EBITDA performance targets.

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- (5) The stock appreciation rights vest in four equal annual installments beginning on February 4, 2016.
- (6) The stock appreciation rights vest in four equal annual installments beginning on January 29, 2017.
- (7) The stock appreciation rights vest in four equal annual installments beginning on February 1, 2018.
- (8) The stock appreciation rights vest in four equal annual installments beginning on January 31, 2019.
- (9) The stock appreciation rights vest in four equal annual installments beginning on October 31, 2019.

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.