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Malady Kyle											
Form 4 March 05, 20)19										
FORM	1								OMB AF	PROVAL	
	UNII	ED STATES		AITIES A Shington,			NGE C	COMMISSION	OMB Number:	3235-0287	
	Check this box if no longer white ta STATEMENT OF CHANGES IN BENEFICIAL OWNERSHI						Expires: January				
subject to Section 16. Form 4 or			F CHAN	GES IN I SECUR		ICIA	NERSHIP OF	Estimated a burden hou response	iverage		
obligation may cont	Form 5 obligations may continue. See Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940							n			
(Print or Type F	Responses)										
			Symbol VERIZO	Name and			-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First)	(Middle)	INC [V2	-	-			Director	100	Owner	
VERIZON COMMUNICATIONS INC., 1095 AVENUE OF THE AMERICAS			3. Date of Earliest Transaction (Month/Day/Year) 03/03/2019					Officer (give title Other (specify below) below) EVP & Chief Technology Officer			
				nendment, Date Original onth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
NEW YORI	K, NY 10036							Form filed by M Person	Iore than One Re	porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	(Month/Day/Year) Execution Date, if			3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or				SecuritiesForm: DirectBeneficially(D) orOwnedIndirect (I)Following(Instr. 4)ReportedTransaction(s)		7. Nature of Indirect Beneficial Ownership (Instr. 4)	
G				Code V	Amount	(D)	Price	(Instr. 3 and 4)			
Common Stock	03/03/2019			М	2,277	А	<u>(1)</u>	5,487	D		
Common Stock	03/03/2019			F	926	D	\$ 56.96	4,561	D		
Common Stock								10,321	Ι	By 401(k)	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	Code	Securities	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. P Deri Secu (Ins
					Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
	Restricted Stock Units - 2017-2020 Award Cycle	<u>(1)</u>	03/03/2019		М	3,503	<u>(2)</u>	<u>(2)</u>	Common Stock	3,503 (1)	
	Report	ing Ow	ners								
Reporting Owner Name / Address			Director 10% Ov	Other							
Malady Kyle VERIZON COMMUNICATIONS INC. 1095 AVENUE OF THE AMERICAS NEW YORK, NY 10036			EVP & Chief Technology Officer								

Signatures

Explanation of Responses:

* 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).

Each Restricted Stock Unit (RSU) represents the right to receive one share of common stock on the payment date with respect to the date that the RSU vests, unless deferred into the reporting person's deferred compensation plan account at the election of the reporting person.

(1) To the extent deferred, each RSU represents the right to have an amount equal to the value of one share of common stock on the payment date credited to the reporting person's deferred compensation plan account and deemed invested in a hypothetical cash-based investment option. The reporting person elected to defer 35% of the RSUs into the deferred compensation plan.

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(2) Subject to the terms of the Restricted Stock Unit Agreement, the RSUs vest in three equal annual installments beginning on March 3, 2018.

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.