TORCHMARK CORP

Check this box

if no longer

Section 16.

Form 4 or

obligations

may continue.

Form 5

subject to

Form 4

November 20, 2015

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

OMB APPROVAL

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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

See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

30(h) of the Investment Company Act of 1940

Washington, D.C. 20549

(Print or Type Responses)

1. Name and Address of Reporting Person * HERBEL VERN D

2. Issuer Name and Ticker or Trading Symbol

5. Relationship of Reporting Person(s) to

Issuer

(Last) (First) (Middle) TORCHMARK CORP [TMK]

(Check all applicable)

TORCHMARK CORPORATION, 3700 SOUTH STONEBRIDGE DRIVE

(State)

3. Date of Earliest Transaction (Month/Day/Year)

Director 10% Owner Other (specify _X__ Officer (give title below)

11/20/2015

(Zip)

EVP and Chief Admin. Officer

(Street) 4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

MCKINNEY, TX 75070

(City)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

						-	•		-
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securit for Dispos (Instr. 3, 4	ed of (4 and 5		5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)	(Instr. 4)	
Common Stock	11/20/2015		M	67,500	A	\$ 20.5823	102,450	D	
Common Stock	11/20/2015		S	67,500	D	\$ 60.4444 (1) (2)	34,950	D	
Common Stock							47,868	I	Reporting Person's Living Trust
Common							47,868	I	Spouse's

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Stock Living Trust

Common Thrift Plan 40,976 (3) Ι Stock Trust

Reminder: Report on a separate line for each class of securities beneficially owned directly 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	•	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number of or Derivative 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)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option	\$ 20.5823 (4)	11/20/2015		M		67,500 (4)	02/25/2013	02/25/2017	Common Stock	67,500 (4)

Reporting Owners

Relationships Reporting Owner Name / Address

10% Owner Officer Other Director

EVP and Chief Admin. Officer

HERBEL VERN D TORCHMARK CORPORATION 3700 SOUTH STONEBRIDGE DRIVE MCKINNEY, TX 75070

Signatures

(Right to Buy)

Vern D. Herbel, By:/s/Carol A. McCoy, 11/20/2015 Attorney-in-fact

> **Signature of Reporting Person Date

Reporting Owners 2 Edgar Filing: TORCHMARK CORP - Form 4

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).
- (1) sales at prices ranging from \$60.30 per share to \$60.66 per share.
- (2) Reporting person will provide full information regarding the number of shares sold at each separate price upon request by the SEC staff, the issuer or any security holder of the issuer.
- (3) Shares in unitized fund in employee benefit plan estimated conversion of \$ balance to shares using \$60.53 per share.
- (4) Previously reported as option for 67,500 shares at an exercise price of \$44.3867 per share, but has been adjusted to reflect 3-for-2 stock splits paid in the form of 50% stock dividends occurring on July 1, 2011 and July 1, 2014.

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.