

TORCHMARK CORP  
Form 4  
May 12, 2016

**FORM 4**

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549**

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
**PRESSLEY W MICHAEL**

(Last) (First) (Middle)

**3700 SOUTH STONEBRIDGE DRIVE**

(Street)

**MCKINNEY, TX 75070**

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
**TORCHMARK CORP [TMK]**

3. Date of Earliest Transaction (Month/Day/Year)  
**05/10/2016**

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director  10% Owner  
 Officer (give title below)  Other (specify below)  
**EVP & Chief Inv. Officer**

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	05/10/2016		M		52,500	A	\$ 30.3267
Common Stock	05/10/2016		M		52,500	A	\$ 37.4
Common Stock	05/10/2016		S		105,000	D	\$ 58.7518 (1) (2)
Common Stock							1,294 (3)
						I	Thrift Plan Trust

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

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(9-02)

**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. Transaction Code (Instr. 8)	5. Number of 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)
Employee Stock Option (Right to Buy)	\$ 30.3267 <sup>(4)</sup>	05/10/2016		M	52,500 <sup>(4)</sup>	01/23/2015 01/23/2019	Common Stock 52,500 <sup>(4)</sup>
Employee Stock Option (right to buy)	\$ 37.4 <sup>(5)</sup>	05/10/2016		M	52,500 <sup>(5)</sup>	02/27/2016 02/27/2020	Common Stock 52,500 <sup>(5)</sup>

### Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

PRESSLEY W MICHAEL  
3700 SOUTH STONEBRIDGE DRIVE  
MCKINNEY, TX 75070

EVP & Chief Inv. Officer

### Signatures

W. Michael Pressley, By:/s/Carol A. McCoy,  
Attorney-in-fact

05/12/2016

Signature of Reporting Person

Date

### 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).

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- (1) sales at prices ranging from \$58.65 per share to \$58.80 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 \$58.56 per share.
- (4) Previously reported as option for 35,000 shares at an exercise price of \$45.49 per share, but has been adjusted to reflect 3-for-2 stock split paid in the form of 50% stock dividend occurring on July 1, 2014.
- (5) Previously reported as option for 35,000 shares at an exercise price of \$45.49 per share, but was adjusted to reflect 3-for-2 stock split paid in the form of 50% stock dividend occurring on 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.

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