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VERIZON COMMUNICA Form 4 April 13, 2015	ATIONS IN	C							
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								PPROVAL 3235-0287	
Section 16. Form 4 or Form 5 Filed	pursuant to a 17(a) of the	F CHA Section Public U	NGES IN SECUI 16(a) of th Jtility Hol	BENEF RITIES ne Securi ding Cor	ICIAL OV	WNERSHIP OF nge Act of 1934, of 1935 or Sectio 940	Estimated burden hou response	urs per	
(Print or Type Responses)									
			er Name an ZON COM /Z]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last) (First) VERIZON COMMUNIC INC., 1095 AVENUE OF AMERICAS	of Earliest T Day/Year) 2015	ransaction		Director 10% Owner X_Officer (give title Other (specify below) below) EVP - Pub Policy & Gen Counsel					
(Street)			endment, D onth/Day/Yea	-	ıl	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
NEW YORK, NY 10036						Form filed by Person	More than One R	eporting	
(City) (State)	(Zip)	Tal	ole I - Non-l	Derivative	Securities A	cquired, Disposed o	of, or Beneficia	lly Owned	
	urity (Month/Day/Year) Execution Date, if		3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or Code V Amount (D) Price			Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Indirect	
Reminder: Report on a separate	line for each c	lass of sec			(D) Price	or indirectly.			

Persons who respond to the collection of information contained in this form are not 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)

		3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	on Date, if Transactio Code		5. Number of orDerivative 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)		8. F Der Sec (Ins
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock (unitized)	<u>(1)</u>	04/09/2015		А		80.804		<u>(1)</u>	<u>(1)</u>	Common Stock	24	\$
Report	ting Ov	wners										
Reporting Owner Name / Address		Director 10%	Other									
SILLIMAN CRAIG L. VERIZON COMMUNICATIONS INC. 1095 AVENUE OF THE AMERICAS NEW YORK, NY 10036			Ciller									
Signat												
William L Silliman	. Horton, Jr	., Attorney-in-fact	t for Craig L.			04/13/2	2015					
	<u>**</u> Signat	ture of Reporting Person				Date						
Explar	nation	of Respor	nses:									

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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).

Each share of phantom stock is the economic equivalent of a portion of one share of common stock and is settled in cash. Of the total (1) amount acquired, 40.402 shares of phantom stock may be reallocated into other plan investments. 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.