VERIZON COMMUNICATIONS INC
Reported by
SILLIMAN CRAIG L.

FORM 4
(Statement of Changes in Beneficial Ownership)

Filed 07/27/20 for the Period Ending 07/23/20

Address 1095 AVENUE OF THE AMERICAS
NEW YORK, NY, 10036
Telephone 212-395-1000
CIK 0000732712
Symbol VZ
SIC Code 4813 - Telephone Communications (No Radiotelephone)
Industry Integrated Telecommunications Services
Sector Telecommunication Services
Fiscal Year 12/31
# UNITED STATES SECURITIES AND EXCHANGE COMMISSION

## Washington, D.C. 20549

### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

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

<table>
<thead>
<tr>
<th>1. Title of Security</th>
<th>2. Trans. Date</th>
<th>3A. Deemed Execution Date, if any</th>
<th>4. Securities Acquired (A) or Disposed of (D) (Instr. 3 and 4)</th>
<th>5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)</th>
<th>6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>7. Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phantom Stock (unitized)</td>
<td>7/23/2020</td>
<td>A</td>
<td>156.844</td>
<td>44</td>
<td>$15.89</td>
<td>203472.235</td>
</tr>
</tbody>
</table>

**Explanation of Responses:**

1. 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 amount acquired, 78,422 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.

### Reporting Owners

<table>
<thead>
<tr>
<th>Reporting Owner Name / Address</th>
<th>Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>SILLIMAN CRAIG L.</td>
<td>Director 10% Owner EVP&amp;ChiefAdminLegal&amp;PubPolOff Officer Other</td>
</tr>
<tr>
<td>VERIZON COMMUNICATIONS INC. 1095 AVENUE OF THE AMERICAS NEW YORK, NY 10036</td>
<td></td>
</tr>
</tbody>
</table>

### Signatures

Brandon N. Egren, Attorney-in-fact for Craig L. Silliman 7/27/2020

Signature of Reporting Person Date
Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure. 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.