VERIZON COMMUNICATIONS INC
Reported by
SKIADAS ANTHONY T

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
**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

1. Name and Address of Reporting Person

   Skiadas Anthony T
   VERIZON COMMUNICATIONS INC., 1095 AVENUE OF THE AMERICAS
   NEW YORK, NY 10036

2. Issuer Name and Ticker or Trading Symbol

   VERIZON COMMUNICATIONS INC [ VZ ]

3. Date of Earliest Transaction

   7/23/2020

5. Relationship of Reporting Person(s) to Issuer

   SVP & Controller

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

<table>
<thead>
<tr>
<th>1. Title of Security (Instr. 3)</th>
<th>2. Trans. Date</th>
<th>3. Trans. Code (Instr. 8)</th>
<th>4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)</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>43.873</td>
<td>(A) or (D)</td>
<td>V</td>
<td>By Deferred Compensation Plan</td>
</tr>
</tbody>
</table>

### Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

<table>
<thead>
<tr>
<th>1. Title of Derivative Security (Instr. 3)</th>
<th>2. Conversion or Exercise Price of Derivative Security</th>
<th>3. Trans. Date</th>
<th>3A. Deemed Execution Date, if any</th>
<th>4. Trans. Code (Instr. 8)</th>
<th>5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)</th>
<th>6. Date Exercisable and Expiration Date</th>
<th>7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)</th>
<th>8. Price of Derivative Security (Instr. 5)</th>
<th>9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)</th>
<th>10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>11. Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phantom Stock (unitized)</td>
<td></td>
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</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. 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>Skiadas Anthony T</td>
<td>Director</td>
</tr>
<tr>
<td>VERIZON COMMUNICATIONS INC.</td>
<td></td>
</tr>
<tr>
<td>1095 AVENUE OF THE AMERICAS</td>
<td></td>
</tr>
<tr>
<td>NEW YORK, NY 10036</td>
<td>SVP &amp; Controller</td>
</tr>
</tbody>
</table>

### Signatures

Brandon N. Egren, Attorney-in-fact for Anthony T. Skiadas

**Signature of Reporting Person**

7/27/2020

**Date**
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.