VERIZON COMMUNICATIONS INC
Reported by
VESTBERG HANS ERIK

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

1. Name and Address of Reporting Person
Vestberg Hans Erik

2. Issuer Name and Ticker or Trading Symbol
VERIZON COMMUNICATIONS INC [VZ]

3. Date of Earliest Transaction
7/23/2020

4. If Amendment, Date Original Filed

5. Relationship of Reporting Person(s) to Issuer
Chairman and CEO

6. Individual or Joint/Group Filing
X Form filed by One Reporting Person

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

<table>
<thead>
<tr>
<th>Title of Security (Instr. 3)</th>
<th>Trans. Date</th>
<th>Trans. Code (Instr. 8)</th>
<th>Securities Acquired (A) or Disposed of (D) (Instr. 3 and 4)</th>
<th>Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)</th>
<th>Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>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>176.45</td>
<td>50 $15.89</td>
<td>By Deferred Compensation Plan</td>
<td></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. 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>Vestberg Hans Erik</td>
<td>X Chairman and CEO</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 Hans Erik Vestberg 7/27/2020

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

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).


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.