VERIZON COMMUNICATIONS INC
Reported by
ELLIS MATTHEW D.

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
Filing made 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 *
   Ellis Matthew D.
   VERIZON COMMUNICATIONS INC., 1095 AVENUE OF THE AMERICAS
   NEW YORK, NY 10036

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

5. Relationship of Reporting Person(s) to Issuer
   (Check all applicable)
   ____ Director
   ____ 10% Owner
   __ Officer (give title below)   ___ Other (specify below)
   EVP and CFO

3. Date of Earliest Transaction (MM/DD/YYYY)
   7/23/2020

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

<table>
<thead>
<tr>
<th>Title of Security</th>
<th>Trans. Date</th>
<th>2A. Deemed Execution Date, if any</th>
<th>Trans. Code</th>
<th>Securities Acquired (A) or Disposed of (D)</th>
<th>Amount of Securities Beneficially Owned Following Reported Transaction(s)</th>
<th>Ownership Form: Direct (D) or Indirect (I)</th>
<th>Nature of Indirect Beneficial Ownership</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phantom Stock</td>
<td>7/23/2020</td>
<td>A</td>
<td>96.576</td>
<td>(1) Common Stock</td>
<td>43763.331</td>
<td>I</td>
<td>By Deferred Compensation Plan</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.

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

<table>
<thead>
<tr>
<th>Title of Derivative Security</th>
<th>Conversion or Exercise Price of Derivative Security</th>
<th>Trans. Date</th>
<th>Trans. Code</th>
<th>3A. Deemed Execution Date, if any</th>
<th>Number of Derivative Securities Acquired (A) or Disposed of (D)</th>
<th>Date Exercisable and Expiration Date</th>
<th>Title and Amount of Derivative Security</th>
<th>Price of Derivative Security</th>
<th>Number of derivative Securities Beneficially Owned Following Reported Transaction(s)</th>
<th>Ownership Form: Direct (D) or Indirect (I)</th>
<th>Nature of Indirect Beneficial Ownership</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phantom Stock</td>
<td>(unitized)</td>
<td>7/23/2020</td>
<td>A</td>
<td>96.576</td>
<td>(1)</td>
<td>(1)</td>
<td>Common Stock</td>
<td>$15.89</td>
<td>43763.331</td>
<td>I</td>
<td>By Deferred Compensation Plan</td>
</tr>
</tbody>
</table>

Reporting Owners

<table>
<thead>
<tr>
<th>Reporting Owner Name / Address</th>
<th>Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellis Matthew D.</td>
<td></td>
</tr>
<tr>
<td>VERIZON COMMUNICATIONS INC.</td>
<td></td>
</tr>
<tr>
<td>1095 AVENUE OF THE AMERICAS</td>
<td></td>
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<tr>
<td>NEW YORK, NY 10036</td>
<td></td>
</tr>
</tbody>
</table>

Signatures

Brandon N. Egren, Attorney-in-fact for Matthew D. Ellis  
7/27/2020

**Signature of Reporting Person

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.