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February 11, 2019 OMB APPROVAL FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Vashington, D.C. 20549 OMB APPROVAL Check this box if no longer subject to Section 16. STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF Section 16. Check this box if no longer subject to subject to section 16. STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF Section 16. Check this box if no longer subject to section 16 (a) of the Securities Exchange Act of 1934, obligations may continue. Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 10(b). Section 17(a) of the Public Utility Holding Company Act of 1940 (Print or Type Responses) 1. Name and Address of Reporting Person 1/2. 2. Issuer Name and Ticker or Trading Symbol VERIZON COMMUNICATIONS INC [VZ] 5. Relationship of Reporting Person(s) to Issuer (Last) (First) (Middle) 3. Date of Earliest Transaction (VERIZON COMMUNICATIONS INC [VZ] Other opeoify below) Other opeoify below) VERIZON COMMUNICATIONS INC., 1095 AVENUE OF THE AMERICAS 6. Individual or Joint/Group Filing(Check Applicable Lina) -XOrm filed by One Reporting Person Person 6. Ownership 7. Nature of Securities Acquired, Usposed of, or Beefficially Owner Code V Amount (D) Price 6. Ownership 7. Nature of Securities Acquired (Jos on and Code V Amount (D) Price	Form 4										
Check this box if no longer subject to Section 16.6. STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF Section 16.6. Section 16.6. Form 4 or Form 5 Form 4 or Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations may continue. Sec Instruction 10(b). (Print or Type Responses) 1. Name and Address of Reporting Person (Check all applicable) VERIZON COMMUNICATIONS INC [VZ] (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) (Check all applicable) VERIZON COMMUNICATIONS INC [VZ] (Last) (First) (Middle) 3. Date of Earliest Transaction (Check all applicable) VERIZON COMMUNICATIONS INC [VZ] (Last) (First) (Middle) 3. Date of Earliest Transaction (Check all applicable) VERIZON COMMUNICATIONS INC [VZ] (Last) (First) (Middle) 3. Date of Earliest Transaction (Check all applicable) VERIZON COMMUNICATIONS (State) (Zip) NEW YORK, NY 10036 (City) (State) (Zip) Table 1 - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of 2. Transaction Date 2A. Deemed 3. 4. Securities 5. Amount of 3. Ownership (Instr. 8) (Instr. 8) (Instr. 3, and 4) (A) (Instr. 3 and 4) (A) (Instr. 3 and 4)						OMB A	PPROVAL				
if no longer subject to Section 16. Form 4 or Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. Section 17(a) of the Public Utility Holding Company Act of 1935 or Section Section 17(a) of the Public Utility Holding Company Act of 1935 or Section Section 17(a) of the Public Utility Holding Company Act of 1935 or Section Section 17(a) of the Public Utility Holding Company Act of 1940 I(b). (Print or Type Responses) 1. Name and Address of Reporting Person ⁺ . 2. Issuer Name and Ticker or Trading Symbol VERIZON COMMUNICATIONS INC [VZ] (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) VERIZON COMMUNICATIONS INC., 1095 AVENUE OF THE AMERICAS (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) NEW YORK, NY 10036 (City) (State) (Zip) NEW YORK, NY 10036 (City) (State) (Zip) NEW YORK, NY 10036 (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of 2. Transaction Date 2A. Deemed 3. (Konth/Day/Year) (Instr. 3, 4 and 5) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 3, 4 and 5) (Month/Day/Year) (Instr. 4) (Instr. 3, 4 and 5) (Instr. 4) (Instr. 3, and 4)		UNITED				3235-0287					
obligations may continue. Section 17(a) of the Public Utility Holding Company Act of 1935 or Section Section 17(a) of the Public Utility Holding Company Act of 1940 (b). 5. Relationship of Reporting Person (s) to Issuer (Print or Type Responses) 2. Issuer Name and Ticker or Trading Symbol 5. Relationship of Reporting Person(s) to Issuer (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) 5. Relationship of Reporting Person(s) to Issuer VERIZON COMMUNICATIONS INC., 1095 AVENUE OF THE AMERICAS 02/07/2019 Check all applicable) (City) (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) 6. Individual or Joint/Group Filing(Check Applicable Line) -X. Form filed by One Reporting Person -Form filed by One than One Reporting Person (City) (State) (Zip) Table 1 - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned (City) (State) 3. 4. Securities Code V Amount (D) Price 6. Amount of On Security (Month/Day/Year) 6. Nowner of Code V Amount (D) Price	if no lor subject Section	to STATEN 16.		NGES IN BENEFICIAL O	Expires. 2008 Estimated average burden hours per						
1. Name and Address of Reporting Person 2. Issuer Name and Ticker or Trading Symbol 5. Relationship of Reporting Person(s) to Issuer 1. Name and Address of Reporting Person 2. Issuer Name and Ticker or Trading Symbol Check all applicable) (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) Check all applicable) VERIZON COMMUNICATIONS INC., 1095 AVENUE OF THE AMERICAS 0.2/07/2019 Director	obligati may con <i>See</i> Inst	ons ntinue. Section 17(Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section								
Dunne Ronan Symbol Issuer VERIZON COMMUNICATIONS INC [VZ] (Check all applicable) (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) [Check all applicable] VERIZON COMMUNICATIONS INC, 1095 AVENUE OF THE AMERICAS 0/2/07/2019 [Check all applicable] [Officer (give title]	(Print or Type	Responses)									
(Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) Director 10% Owner VERIZON COMMUNICATIONS INC., 1095 AVENUE OF THE AMERICAS 02/07/2019 Director 10% Owner (Street) 4. If Amendment, Date Original Filed(Month/Day/Year) 6. Individual or Joint/Group Filing(Check Applicable Line) NEW YORK, NY 10036 2. Transaction Date Security (Instr. 3) 2A. Deemed 3. 4. Securities TransactionAcquired (A) or Code 5. Amount of Securities 6. Ownership Form Filed by More than One Reporting Person 1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) 3. 4. Securities TransactionAcquired (A) or Code 5. Amount of Securities (Instr. 3, 4 and 5) 6. Ownership Form Filed by More than One Reporting Person (Instr. 4) (Instr. 4) (Instr. 4) (Instr. 4) (Instr. 4)				1	Issuer						
VERIZON COMMUNICATIONS INC., 1095 AVENUE OF THE AMERICAS (Month/Day/Year) 02/07/2019 Land the construction of the constructio				-	(Check	x an applicabl	e)				
Filed(Month/Day/Year) Applicable Line, _X_Form filed by Dore Reporting Person	VERIZON INC., 1095	COMMUNICAT AVENUE OF TI	(Montl CIONS 02/07	n/Day/Year)	Officer (give below)	title Oth below)	ner (specify				
NEW TORK, NY 10030 Person (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of Security 2. Transaction Date 2A. Deemed 3. 4. Securities 5. Amount of 6. Ownership 7. Nature of Instr. 3) 2. Month/Day/Year) 2A. Deemed 3. 4. Securities 5. Amount of 6. Ownership 7. Nature of Indirect Code Disposed of (D) Beneficially 0wned (I) 0wnership (Instr. 3) (Month/Day/Year) (Month/Day/Year) 6. Ownership 7. Nature of (Instr. 4) (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) Owned (I) Ownership (A) or Owned (I) Ownership (Instr. 4) (Instr. 4) (A) or Or (Instr. 3 and 4) Owner (Instr. 3 and 4) (Instr. 3 and 4)		(Street)		-	Applicable Line)						
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	Reminder: Re	port on a separate line	e for each class of se		or indirectly.						

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 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 3)	ive Conversion (Month/Day/Year) y or Exercise		3A. Deemed Execution Date, if any (Month/Day/Year)	Code		5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)				7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. De Se (Ir
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Phantom Stock (unitized)	<u>(1)</u>	02/07/2019		А		108.885		<u>(1)</u>	(1)	Common Stock	31	\$
Reporting Owners												
Reporting Owner Name / Address			Relationships Director 10% Owner Officer						Other			
Dunne Ronan VERIZON COMMUNICATIONS INC. 1095 AVENUE OF THE AMERICAS NEW YORK, NY 10036				EVP&Pres-VZ Consumer Group								
Signat	ures											
William L Dunne	t for Ronan		02/	11/2019								
	-	e of Reporting Person				Date						
Explan	ation	of Respor	ises:									

* 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).

(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.

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.