MITCHELL ROBERT BRIAN

Form 4 March 04, 2019

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB 3235-0287

OMB APPROVAL

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2005

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Check this box 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. 30(h) of the Investment Company Act of 1940 See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * MITCHELL ROBERT BRIAN			2. Issuer Name and Ticker or Trading Symbol TORCHMARK CORP [TMK]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)			3. Date of Earliest Transaction (Month/Day/Year)	Director 10% Owner			
TORCHMARK CORPORATION, 3700 SOUTH STONEBRIDGE DRIVE			02/28/2019	Officer (give titleOther (specifical below) EVP, General Counsel and CRO			
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			
MCKINNEY, TX 75070			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			

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(City)	(State)	(Zip) Tabl	le I - Non-I	Derivative	Secur	ities Acqu	iired, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or			Beneficially Form: Owned (D) or Following Indire	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock	02/28/2019		Code V A	Amount 13,943	(D)	Price \$ 0	45,295.4673 (1)	D	
Common Stock	02/28/2019		F	5,487	D	\$ 82.56	39,808.4673	D	
Common Stock							9,419 (2)	I	N/A

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

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of deprivative Securities (Month/Day/Year) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 82.56	02/28/2019		A	38,000	(3)	02/28/2026	Common Stock	38,000

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

MITCHELL ROBERT BRIAN TORCHMARK CORPORATION 3700 SOUTH STONEBRIDGE DRIVE MCKINNEY, TX 75070

EVP, General Counsel and CRO

Signatures

Robert Brian Mitchell /s/Carol A. Mccoy, Attorney-in-fact

03/04/2019

**Signature of Reporting Person

Date

Explanation of Responses:

- * 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) Includes 121.45816 shares acquired through brokerage dividend reinvestment plan since date of last report.
- (2) Shares in unitized fund in employee benefit plan estimated conversion of \$ balance using \$82.56 per share.
- (3) First exercisable as to 50% of shares 2-28-21 and as to remaining 50% of shares 2-28-22.

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.

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