

CALCULATION OF REGISTRATION FEE		
Title of Each Class of Securities Offered	Maximum Aggregate Offering Price	Amount of Registration Fee(1)
2.600 %Verizon InterNotes® due September 15, 2029	\$961,000	\$116.47
3.550 %Verizon InterNotes® due September 15, 2049	\$6,658,000	\$806.95

(1) Calculated in accordance with Rule 457(r) under the Securities Act of 1933, as amended

Pricing Supplement No. 69—Dated Monday, September 23, 2019 (To: Prospectus dated September 4, 2019 and Prospectus Supplement Dated: September 4, 2019) Filed under Rule 424(b)(2), File No. 333-233608

CUSIP Number	Principal Amount	Selling Price	Gross Concession	Net Proceeds	Coupon Type	Coupon Rate	Coupon Frequency	Maturity Date	1st Coupon Date	1st Coupon Amount	Survivor's Option	Product Ranking
92346MFP1	\$961,000.00	100.00%	1.800%	\$943,702.00	Fixed	2.600%	Semi-Annual	09/15/2029	3/15/2020	\$12.21	Yes	Senior Unsecured Notes
Redemption Information: Callable at 100%on 9/ 15/ 2020 and any time thereafter with 10 Calendar Days Notice.												
92346MFQ9	\$6,658,000.00	100.00%	3.150%	\$6,448,273.00	Fixed	3.550%	Semi-Annual	09/15/2049	3/15/2020	\$16.67	Yes	Senior Unsecured Notes
Redemption Information: Callable at 100%on 9/ 15/ 2024 and any time thereafter with 10 Calendar Days Notice.												

Verizon Communications Inc. One Verizon Way Basking Ridge, New Jersey 07920-1097	Offering Date: Monday, September 16, 2019 through Monday, September 23, 2019 Trade Date: Monday, September 23, 2019 @ 12:00 PM ET Settle Date: Thursday, September 26, 2019 Minimum Denomination/ Increments: \$1,000.00/ \$1,000.00 Initial trades settle flat and clear SDFS. DTC Book Entry only DTC Number 0235 via RBC Dain Rauscher Inc  Joint Lead Manager and Lead Agent: Incapital Agents: BofA Merrill Lynch, Citigroup, Morgan Stanley, RBC Capital Markets, Wells Fargo Advisors  Except for Notes sold to level-fee accounts, Notes offered to the public will be offered at the public offering price set forth in this Pricing Supplement. Agents purchasing Notes on an agency basis for non-level fee client accounts shall purchase Notes at the public offering price. Notes purchased by the Agents for their own account may be purchased at the public offering price less the applicable concession. Notes purchased by the Agents on behalf of level-fee accounts may be sold to such accounts at the applicable concession to the public offering price, in which case, such Agents will not retain any portion of the sales price as compensation.  If the maturity date or an interest payment date for any note is not a business day (as defined in the prospectus supplement), principal, premium, if any, and interest for that note is paid on the next business day, and no interest will accrue from, and after, the maturity date or interest payment date.  The Verizon InterNotes® will be represented by a Master Note in fully registered form, without coupons. The Master Note will be deposited with, or on behalf of, DTC and registered in the name of a nominee of DTC, as depository, or another depository as may be named in a subsequent pricing supplement.	Verizon Communications Inc. Verizon InterNotes® Prospectus dated September 4, 2019 and Prospectus Supplement Dated: September 4, 2019
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