

Common Stock	51,918	I	Trust Spouse's Living Trust
Common Stock	42,037 ⁽³⁾	I	Thrift Plan Trust

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

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.

SEC 1474 (9-02)

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 Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	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)	\$ 29.5912 ⁽⁴⁾	08/05/2016		M	50,625 ⁽⁴⁾	04/28/2014 04/28/2018	Common Stock 50,625 ⁽⁴⁾
Employee Stock Option (Right to Buy)	\$ 30.3267 ⁽⁵⁾	08/05/2016		M	37,500 ⁽⁵⁾	01/23/2015 01/23/2019	Common Stock 37,500 ⁽⁵⁾

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HERBEL VERN D TORCHMARK CORPORATION 3700 SOUTH STONEBRIDGE DRIVE MCKINNEY, TX 75070			EVP and Chief Admin. Officer	

Signatures

Vern D. Herbel, By:/s/Carol A. McCoy,
Attorney-in-fact

08/08/2016

__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) sales at prices ranging from \$61.72 per share to \$62.11 per share.
 - (2) Reporting person will provide full information regarding the number of shares sold at each separate price upon request by the SEC staff, the issuer or any security holder of the issuer.
 - (3) Shares in unitized fund in employee benefit plan - estimated conversion of \$ balance to shares using \$62.11 per share.
 - (4) Previously reported as option for 45,000 shares at an exercise price of \$66.58 per share, but has been adjusted to reflect 3-for-2 stock splits paid in the form of 50% stock dividends occurring on July 1, 2011 and July 1, 2014.
 - (5) Previously reported as option for 50,000 shares at an exercise price of \$45.49 per share, but was adjusted to reflect 3-for-2 stock split paid in the form of 50% stock dividend occurring on July 1, 2014.

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.