

FORM 4

☐ Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

☐ Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed 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 *		2. Issuer Name and Ticker or Trading Symbol		5. Relationship of Reporting Person(s) to Issuer (Check all applicable)	
Stansbury Christopher		Lumen Technologies, Inc. [LUMN]		<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) EVP and CFO	
(Last) (First) (Middle)		3. Date of Earliest Transaction (MM/DD/YYYY)			
100 CENTURYLINK DRIVE		8/14/2025			
(Street)		4. If Amendment, Date Original Filed (MM/DD/YYYY)		6. Individual or Joint/Group Filing (Check Applicable Line)	
MONROE, LA 71203				<input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person	
(City) (State) (Zip)					

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	8/14/2025		P		18,000	A	\$4.2906 ⁽¹⁾	518,000	I	By spouse as trustee of ARS Trust ⁽²⁾
Common Stock	8/14/2025		P		12,000	A	\$4.2906 ⁽¹⁾	12,000	I	By spouse as trustee of RJR Trust ⁽³⁾
Common Stock	8/14/2025		P		12,000	A	\$4.2906 ⁽¹⁾	12,000	I	SRR DSNT ⁽⁴⁾
Common Stock	8/15/2025		P		17,000	A	\$4.4387 ⁽⁵⁾	535,000	I	By spouse as trustee of ARS Trust ⁽²⁾
Common Stock	8/15/2025		P		11,500	A	\$4.4387 ⁽⁵⁾	23,500	I	By spouse as trustee of RJR Trust ⁽³⁾
Common Stock	8/15/2025		P		11,500	A	\$4.4387 ⁽⁵⁾	23,500	I	SRR DSNT ⁽⁴⁾
Common Stock								5,210,218	D	

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

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. 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		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses:

- The price in column 4 is a weighted average price. The prices actually paid for the stock ranged from \$4.205 to \$4.33 per share. The reporting person has provided the Company, and upon request, will provide any security holder of the Company or the SEC staff, with information regarding the number of shares acquired at each price within that range.
- The ARS Trust, a revocable trust for the benefit of the reporting person's spouse, was previously described as the AMR Trust on the reporting person's Forms

4.

- (3) The RJR Trust is an irrevocable trust for the benefit of the reporting person's child.
- (4) The SSR DSNT is an irrevocable trust for the benefit of the reporting person's child.
- (5) The price in column 4 is a weighted average price. The prices actually paid for the stock ranged from \$4.38 to \$4.53 per share. The reporting person has provided the Company, and upon request, will provide any security holder of the Company or the SEC staff, with information regarding the number of shares acquired at each price within that range.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Stansbury Christopher 100 CENTURYLINK DRIVE MONROE, LA 71203			EVP and CFO	

Signatures

/s/ Kathryn Murray, as Attorney-in-Fact for Christopher D. Stansbury

--Signature of Reporting Person

8/15/2025

Date

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).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

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.