

144: Issuer Information

Name of Issuer	Lumen Technologies, Inc.
SEC File Number	001-07784
Address of Issuer	100 CENTURYLINK DR MONROE LOUISIANA 71203
Phone	3183889000
Name of Person for Whose Account the Securities are To Be Sold	GOFF STACEY W

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	1. INSIDER
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144: Securities Information

Record	Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
#1	Common	Morgan Stanley Smith Barney LLC Executive Services 200 W Civic Center Dr - 4th Floor Sandy UTAH 84070	374,492	\$2,381,769.12	1,000,000,000	08/08/2024	NYSE

144: Securities To Be Sold

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Record	Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this a Gift ?	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
#1	COMMON	02/21/2020	PSA	ISSUER	<input type="checkbox"/>	—	44,416	02/21/2020	COMPENSATI ON

#2	COMMON	02/21/2021	PSA	ISSUER	<input type="checkbox"/>	—	30,281	02/21/2021	COMPENSATI ON
#3	COMMON	03/01/2021	PSA	ISSUER	<input type="checkbox"/>	—	35,575	03/01/2021	COMPENSATI ON
#4	COMMON	03/01/2022	PSA	ISSUER	<input type="checkbox"/>	—	35,576	03/01/2022	COMPENSATI ON
#5	COMMON	02/21/2020	RSA	ISSUER	<input type="checkbox"/>	—	12,227	02/21/2020	COMPENSATI ON
#6	COMMON	03/01/2020	RSA	ISSUER	<input type="checkbox"/>	—	10,547	03/01/2020	COMPENSATI ON
#7	COMMON	06/01/2020	RSA	ISSUER	<input type="checkbox"/>	—	34,796	06/01/2020	COMPENSATI ON
#8	COMMON	02/21/2021	RSA	ISSUER	<input type="checkbox"/>	—	8,279	02/21/2021	COMPENSATI ON
#9	COMMON	03/01/2021	RSA	ISSUER	<input type="checkbox"/>	—	21,092	03/01/2021	COMPENSATI ON
#10	COMMON	03/01/2022	RSA	ISSUER	<input type="checkbox"/>	—	33,289	03/01/2022	COMPENSATI ON
#11	COMMON	03/01/2023	RSA	ISSUER	<input type="checkbox"/>	—	38,438	03/01/2023	COMPENSATI ON
#12	COMMON	03/01/2024	RSA	ISSUER	<input type="checkbox"/>	—	69,976	03/01/2024	COMPENSATI ON

* If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

144: Securities Sold During The Past 3 Months

Nothing to Report ☒

144: Remarks and Signature

Remarks
Date of Notice 08/08/2024

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature /s/ Stacey W Goff

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)