


INITIAL STATEMENT OF 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. Date of Event Requiring Statement (MM/DD/YYYY) 2/20/2023		3. Issuer Name and Ticker or Trading Symbol Lumen Technologies, Inc. [LUMN]	
(Last) (First) (Middle) 100 CENTURYLINK DRIVE		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) EVP, Product and IT /			
(Street) MONROE, LA 71203		5. If Amendment, Date Original Filed(MM/DD/YYYY)		6. Individual or Joint/Group Filing(Check Applicable Line) <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 Beneficially Owned					
1. Title of Security (Instr. 4)		2. Amount of Securities Beneficially Owned (Instr. 4)		3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	
				4. Nature of Indirect Beneficial Ownership (Instr. 5)	
Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)					
1. Title of Derivate Security (Instr. 4)		2. Date Exercisable and Expiration Date (MM/DD/YYYY)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	
				4. Conversion or Exercise Price of Derivative Security	
				5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	
				6. Nature of Indirect Beneficial Ownership (Instr. 5)	
		Date Exercisable	Expiration Date	Title	Amount or Number of Shares

Explanation of Responses:  
No securities are beneficially owned.

Reporting Owners				
Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Chotai Sham 100 CENTURYLINK DRIVE MONROE, LA 71203			EVP, Product and IT	

Signatures  
/s/ Gary Maxwell Cox, as Attorney-in-Fact for Sham Chotai 3/2/2023  
Signature of Reporting Person 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 5(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.

Power of Attorney

Know all by these presents, that the undersigned (the "Reporting Person") hereby constitutes and appoints each of Stacey W. Goff, Gary Maxwell ("Max") Cox, Michael P. Rouvina, Meredith Hayes, Kenneth J. Najder, (1) execute for and on behalf of the Reporting Person, in the Reporting Person's capacity as an officer or director of Lumen Technologies, Inc. or any successor thereof (the "Company"), Forms 3, 4, and 5 in (2) execute, and submit to the Securities and Exchange Commission ("SEC") a Form ID, including amendments thereto, and any other documents necessary or appropriate to obtain codes and passwords enabling the (3) execute for and on behalf of the Reporting Person, in the Reporting Person's capacity as a security holder of the Company selling securities of the Company in accordance with Rule 144 under the Securities (4) do and perform any and all acts for and on behalf of the Reporting Person that may be necessary or desirable to complete and execute any such Form 3, 4, 5 or 144 and timely file such form with the United (5) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest of, or legally required by, the Reporting Person hereby ratifies and confirms any and all of the actions described above that have been taken by any of the named attorneys-in-fact prior to the date hereof. The Reporting Person hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of a This Power of Attorney shall be effective as of the date the Reporting Person becomes subject to the reporting requirements of Section 16(a) of the Securities Exchange Act of 1934 Act with respect to holdings c IN WITNESS WHEREOF, the Reporting Person has caused this Power of Attorney to be executed this 30th day of January 2023.

/s/ Sham Chotai  
By: SHAM CHOTAI