

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 ⓘ Haynes-Gaspar Ashley <div>(Last) (First) (Middle)</div> 100 CENTURYLINK DRIVE <div>(Street)</div> MONROE, LA 71203 <div>(City) (State) (Zip)</div>		2. Date of Event Requiring Statement (MM/DD/YYYY) 5/17/2023		3. Issuer Name and Ticker or Trading Symbol Lumen Technologies, Inc. [LUMN]	
		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) <div>____ Director ____ 10% Owner</div> <div><input checked="" type="checkbox"/> ____ Officer (give title below) ____ Other (specify below)</div> EVP and Customer Exp Officer /			
		5. If Amendment, Date Original Filed(MM/DD/YYYY)		6. Individual or Joint/Group Filing(Check Applicable Line) <div><input checked="" type="checkbox"/> ____ Form filed by One Reporting Person</div> <div><input type="checkbox"/> ____ Form filed by More than One Reporting Person</div>	
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)	
Common Stock		736251 ⓘ		D	
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)	
		Date Exercisable		Amount or Number of Shares	
		Expiration Date		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)	

Explanation of Responses:

(1) Includes 307,338 shares of performance-based restricted stock and 428,913 shares of time-based restricted stock.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Haynes-Gaspar Ashley 100 CENTURYLINK DRIVE MONROE, LA 71203			EVP and Customer Exp Officer	

Signatures

/s/ Gary Maxwell Cox, as Attorney-in-Fact for Ashley Haynes-Gaspar

5/26/2023

ⓘ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 accordance with Rule 144 under the Securities Act of 1933, (2) 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 Act of 1933, (3) 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 States Securities and Exchange Commission, (4) 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. 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 such power and authority. 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 covered by the Reporting Person's ownership of the Company's securities. IN WITNESS WHEREOF, the Reporting Person has caused this Power of Attorney to be executed this 23rd day of May 2023.

/s/ Ashley Haynes-Gaspar
By: Ashley Haynes-Gaspar