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Form 4									
February 12, 2								OMB A	PPROVAL
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								3235-0287	
Check this if no longe subject to Section 16 Form 4 or Form 5 obligation may contin	F CHAN Section Public U	NGES IN SECUF 16(a) of th Jtility Hol	Expires: Estimated burden hou response	urs per					
<i>See</i> Instruction 1(b).		30(h)	of the I	nvestment	: Compar	ny Act of 1	940		
(Print or Type R	esponses)								
1. Name and Ac Dugenske Jo	2. Issuer Name and Ticker or Trading Symbol ALLSTATE CORP [ALL]				5. Relationship of Reporting Person(s) to Issuer				
(Last) C/O THE AI CORPORAT ROAD	3. Date of Earliest Transaction (Month/Day/Year) 02/08/2019				(Check all applicable) Director 10% Owner Officer (give title X Other (specify below) EVP, CIO, & Corp Strat Off-AIC				
NORTHBRO	4. If Amendment, Date Original Filed(Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person 				
(City)	(State)	(Zip)	Tał	ole I - Non-I	Derivative	Securities A	cquired, Disposed	of, or Beneficia	lly Owned
	2. Transaction Date Month/Day/Year)	Execution any	ed Date, if	3. Transactio Code (Instr. 8) Code V	4. Securit nAcquired Disposed (Instr. 3, 4	ies (A) or of (D)	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
Reminder: Repo	rt on a separate line	e for each cl	ass of sec	urities benef	Perso inforn requir	ns who res nation cont red to respo nys a curren	or indirectly. spond to the colle ained in this form ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)
	Tab					posed of, or convertible s	Beneficially Owner securities)	1	

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transact	iorDerivative	Expiration Date	Underlying Securities

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Security (Instr. 3)			any (Month/Day/Year)	Code ar) (Instr. 8)		Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		(Month/Day/Year)		(Instr. 3 and 4)	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 92.46	02/08/2019		А		60,241		<u>(1)</u>	02/08/2029	Common Stock	60,241
Report	ing Ow	ners									
Reporting Owner Name / Address			Director 10%	Owner	0	Relatio	o nshi j ther	ps			
Dugenske John E C/O THE ALLSTATE CORPORATION 2775 SANDERS ROAD NORTHBROOK, IL 60062			3		EVP, CIO, & Corp Strat Off-AIC						
Signat	ures										
/s/ Efie Vainikos, attorney-in-fact for John E. Dugenske			hn E.	02/12/2019							
_	<u>**</u> Signature of	Reporting Person			D	ate					

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) Option exercisable in three increments, with one third vesting on February 8, 2020, February 8, 2021, and February 8, 2022, with any fractional shares to be rounded as provided for in award agreement.

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.