Ring Susan L Form 4 June 02, 2010

FORM 4

OMB APPROVAL

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

January 31, Expires: 2005

Form 4 or Form 5 obligations STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Estimated average burden hours per response... 0.5

may continue. See Instruction

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1 Name and Address of Reporting Person *

Ring Susan L			Symbol	Issuer			
			Unum Group [UNM]	(Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	, ,			
1 FOUNTAIN SQUARE			(Month/Day/Year) 05/28/2010	Director 10% Owner X Officer (give title Other (specifical below) below) EVP, President & CEO, Unum UK			
(Street)			4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check			

4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting Person

5 Relationship of Reporting Person(s) to

CHATTANOOGA, TN 37402

(City)	(State)	(Zip) Tab	le I - Non-	Derivative	e Secu	rities Acqui	red, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities Acquired (A) Transaction Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)				Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	or	Price	Transaction(s) (Instr. 3 and 4)	(Instr. 4)	
Common Stock	05/28/2010		M	5,955	A	\$ 11.37	70,687 (1) (2)	D	
Common Stock	05/28/2010		S	5,955	D	\$ 23.3506 (3)	64,732 (4)	D	
Common Stock							445 (5)	I	By family

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form

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displays a currently valid OMB control

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	Transaction Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4,		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	and 5) (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Employee Stock Options (right to buy)	\$ 11.37	05/28/2010		M	5,955	<u>(6)</u>	02/24/2017	Common Stock	5,955	

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Ring Susan L

1 FOUNTAIN SQUARE EVP, President & CEO, Unum UK CHATTANOOGA, TN 37402

Signatures

/s/ Jullienne, J. Paul,

Attorney-in-Fact 06/02/2010

**Signature of Reporting Person Date

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) Includes 26,756 restricted stock units and 43,931 shares held outside any plan.
- (2) Beneficial ownership amount includes the exempt acquisition of additional restricted stock units pursuant to the reinvestment of dividends since the date of the reporting person's prior Form 4.
- Reflects weighted average price for multiple sale transactions ranging in price from \$23.35 per share to \$23.351 per share, inclusive. The reporting person undertakes to provide to Unum Group, any security holder of Unum Group, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in footnote (3) to this Form 4.
- (4) Includes 26,756 restricted stock units and 37,976 shares held outside any plan.

Reporting Owners 2

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- (5) The reporting person disclaims beneficial ownership of these securities, and this report shall not be deemed an admission that the reporting person is the beneficial owner of the securities for purposes of Section 16 or for any other purpose.
- (6) The options vest in three equal annual installments beginning on February 24, 2010.

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.