

BEST ROBERT O  
Form 4  
August 18, 2009

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
Expires: January 31, 2005  
Estimated average burden hours per response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

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

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
BEST ROBERT O

(Last) (First) (Middle)  
1 FONTAIN SQUARE  
(Street)  
CHATTANOOGA, TN 37402

2. Issuer Name and Ticker or Trading Symbol  
Unum Group [UNM]

3. Date of Earliest Transaction  
(Month/Day/Year)  
08/14/2009

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
EVP, COO, Unum US

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
\_\_\_\_ Form filed by More than One Reporting Person

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) | 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | 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 Beneficial Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|---|
|                                 |                                      |  | Code                           | V   | Amount  | (D)  | Price   |
| Common Stock                    | 08/14/2009                           |  | M                              |   | 23,590  | A  | \$ 13.719   |
|                                 |                                      |  |                                |   |   |  | 222,205 <sup>(1)</sup>                                |
| Common Stock                    | 08/14/2009                           |  | S                              |   | 18,335  | D  | \$ 21.331   |
|                                 |                                      |  |                                |   |   |  | <sup>(2)</sup>  |
| Common Stock                    | 08/18/2009                           |  | S                              |   | 5,000   | D  | \$ 20.9917  |
|                                 |                                      |  |                                |   |   |  | <sup>(4)</sup>  |
| Common Stock                    |                                      |  |                                |   |   |  | 3,902   |
|                                 |                                      |  |                                |   |   |  | I   |
|                                 |                                      |  |                                |   |   |  | 401(k)  |

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

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.

SEC 1474  
(9-02)

**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. Transaction Code (Instr. 8) | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) | 6. Date Exercisable and Expiration Date (Month/Day/Year) | 7. Title and Amount of Underlying Securities (Instr. 3 and 4) | Amount or Number of Shares |       |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|----------------------------|-------|
|  |  |                                      |  | Code                           | V (A) (D)   | Date Exercisable   | Expiration Date   | Title                      |       |
| Employee Stock Option (right to buy)       | \$ 13.719  | 08/14/2009                           |  | M                              | 7,784   | 02/24/2001 02/25/2010                                    |   | Common Stock               | 7,784 |
| Employee Stock Option (right to buy)       | \$ 13.719  | 08/14/2009                           |  | M                              | 7,785   | 02/25/2002 02/25/2010                                    |   | Common Stock               | 7,785 |
| Employee Stock Option (right to buy)       | \$ 13.719  | 08/14/2009                           |  | M                              | 8,021   | 02/25/2003 02/25/2010                                    |   | Common Stock               | 8,021 |

## Reporting Owners

| Reporting Owner Name / Address                             | Relationships |           |                         |       |
|--|---------------|-----------|-------------------------|-------|
|  | Director      | 10% Owner | Officer                 | Other |
| BEST ROBERT O<br>1 FONTAIN SQUARE<br>CHATTANOOGA, TN 37402 |               |           | EVP,<br>COO,<br>Unum US |       |

## Signatures

Parrott, Christopher, A., Attorney  
in fact

08/18/2009

\_\_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) 73,245 restricted stock units (including dividend equivalent rights), 9,103 shares of restricted stock, 4,678 shares in the company ESPP, and 135,179 shares held outside any plan.  
Reflects weighted average price for multiple sale transactions ranging in price from \$21.32 per share to \$21.34 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 footnotes (2) and (4) to this Form 4.
- (2) Includes 73,245 restricted stock units (including dividend equivalent rights), 9,103 shares of restricted stock, 4,678 shares in the company ESPP, and 116,844 shares held outside any plan.
- (3) Reflects weighted average price for multiple sale transactions ranging in price from \$20.9901 per share to \$20.992 per share, inclusive.
- (4) Includes 73,245 restricted stock units (including dividend equivalent rights), 9,103 shares of restricted stock, 4,678 shares in the company ESPP, and 111,844 shares held outside any plan.

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.