ALLSTATE CORP Form 8-K May 19, 2016 **UNITED STATES** SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 FORM 8-K **CURRENT REPORT** PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF 1934 Date of Report (Date of earliest event reported): May 19, 2016 THE ALLSTATE CORPORATION (Exact name of registrant as specified in its charter) Delaware 1-11840 36-3871531 (State or other (Commission (IRS Employer jurisdiction of File Number) Identification No.) incorporation) 2775 Sanders Road, Northbrook, Illinois 60062 (Address of principal executive offices) (Zip Code) Registrant's telephone number, including area code: (847) 402-5000 Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)

Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

[] 240.13e-4(c))	Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR
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Section 7 – Regulation FD

Item 7.01. Regulation FD Disclosure.

The Registrant's press release dated May 19, 2016 announcing its estimated catastrophe losses for April 2016 is attached hereto as Exhibit 99 and is incorporated herein by reference. The press release is furnished and not filed pursuant to Instruction B.2 of Form 8-K.

Section 9 – Financial Statements and Exhibits

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits

Exhibit No. Description

Registrant's press release dated May 19, 2016. The press release is furnished and not filed, pursuant to Instruction B.2 of Form 8-K.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

THE ALLSTATE CORPORATION (Registrant)

By: /s/ Daniel

G. Gordon

Name: Daniel G.

Gordon

Vice

Title: President,

Assistant

General

Counsel and

Assistant

Secretary

Date: May 19, 2016

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