

NATIONAL HEALTH INVESTORS INC  
 Form 4  
 June 29, 2016

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
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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 \*  
 Gaines Kristin Sallee

2. Issuer Name and Ticker or Trading Symbol  
 NATIONAL HEALTH INVESTORS INC [NHI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)  
 06/27/2016

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
 Chief Credit Officer

222 ROBERT ROSE DRIVE

(Street)

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

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

MURFREESBORO, TN 37129

(City) (State) (Zip)

**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 (A) or (D) Price   |  |   |
| Common Stock                    | 06/27/2016                           |  | M                              |   | 16,668 A \$ 47.52   | 53,089   | D   |
| Common Stock                    | 06/27/2016                           |  | F                              |   | 11,368 D \$ 73.88   | 41,721   | D   |
| Common Stock                    | 06/28/2016                           |  | S                              |   | 4,044 D \$ 73.7063  | 37,677   | D   |
| Common Stock                    | 06/29/2016                           |  | S                              |   | 4,358 D \$ 74.219   | 33,319   | D   |
| Common Stock                    | 06/29/2016                           |  | S                              |   | 250 D \$ 74.232   | 33,069   | D   |

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Common Stock 06/29/2016 G V 250 <sup>(1)</sup> D \$ 74.4 32,819 D

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.**

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(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) |        |                            |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|--------|----------------------------|
|  |  |                                      |  | Code                           | V (A) (D)   | Date Exercisable   | Expiration Date   | Title  | Amount or Number of Shares |
| Stock Options (Right to Buy)               | \$ 47.52   | 06/27/2016                           |  | M                              | 16,668  | 02/21/2014 02/21/2017                                    | Common Stock  | 16,668 |                            |
| Stock Options (Right to Buy)<br>2-25-14    | \$ 61.31   |                                      |  |                                |   | 02/25/2014 02/25/2019                                    | Common Stock  | 16,666 |                            |
| Stock Options (Right to Buy)<br>2-25-14    | \$ 61.31   |                                      |  |                                |   | 02/25/2015 02/25/2019                                    | Common Stock  | 16,666 |                            |
| Stock Options (Right to Buy)<br>2-25-14    | \$ 61.31   |                                      |  |                                |   | 02/25/2016 02/25/2019                                    | Common Stock  | 16,668 |                            |
| Stock Options (Right to Buy)               | \$ 72.11   |                                      |  |                                |   | 02/20/2015 02/20/2020                                    | Common Stock  | 16,666 |                            |
| Stock Options                              | \$ 72.11   |                                      |  |                                |   | 02/20/2016 02/20/2020                                    | Common Stock  | 16,666 |                            |

|                              |          |            |            |              |        |
|------------------------------|----------|------------|------------|--------------|--------|
| (Right to Buy)               |          |            |            |              |        |
| Stock Options (Right to Buy) | \$ 72.11 | 02/20/2017 | 02/20/2020 | Common Stock | 16,668 |
| Stock Options (Right to Buy) | \$ 60.52 | 02/22/2017 | 02/22/2021 | Common Stock | 16,666 |
| Stock Options (Right to Buy) | \$ 60.52 | 02/22/2018 | 02/22/2021 | Common Stock | 16,668 |
| Stock Options (Right to Buy) | \$ 60.52 | 02/22/2016 | 02/22/2021 | Common Stock | 16,666 |

## Reporting Owners

| Reporting Owner Name / Address   | Relationships |           |                      |       |
|--|---------------|-----------|----------------------|-------|
|  | Director      | 10% Owner | Officer              | Other |
| Gaines Kristin Sallee<br>222 ROBERT ROSE DRIVE<br>MURFREESBORO, TN 37129 |               |           | Chief Credit Officer |       |

## Signatures

/s/ Kristin S.  
Gaines 06/29/2016

\*\*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) Gifted to First United Methodist Church.

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.