

Spaid John L  
Form 4  
January 31, 2019

**FORM 4**

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

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

## OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person \*  
Spaid John L

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)  
222 ROBERT ROSE DRIVE  
(Street)

3. Date of Earliest Transaction  
(Month/Day/Year)  
01/30/2019

\_\_\_\_ Director \_\_\_\_ 10% Owner  
\_\_\_\_X\_\_\_\_ Officer (give title below) \_\_\_\_ Other (specify below)  
Exec. VP of Finance

MURFREESBORO, TN 37129

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)

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

| 1. Title of<br>Security<br>(Instr. 3) | 2. Transaction Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 3. Transaction<br>Code<br>(Instr. 8) | 4. Securities Acquired<br>(A) or Disposed of (D)<br>(Instr. 3, 4 and 5) | 5. Amount of<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 3 and 4) | 6. Ownership<br>Form: Direct<br>(D) or<br>Indirect (I)<br>(Instr. 4) | 7. Nature of<br>Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |               |
|---------------------------------------|---|---|--------------------------------------|---|--|--|---|---------------|
|                                       |   |   | Code                                 | V   | Amount   | (A)<br>or<br>(D)   | Price   |               |
| Common<br>Stock                       | 01/30/2019                              |   | M                                    |   | 13,333   | A  | \$<br>63.63   | 14,303.6372 D |
| Common<br>Stock                       | 01/30/2019                              |   | M                                    |   | 13,334   | A  | \$<br>63.63   | 27,637.6372 D |
| Common<br>Stock                       | 01/30/2019                              |   | M                                    |   | 13,333   | A  | \$<br>74.78   | 40,970.6372 D |
| Common<br>Stock                       | 01/30/2019                              |   | F                                    |   | 34,556   | D  | \$<br>81.23   | 6,414.6372 D  |

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

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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<br>Derivative<br>Security<br>(Instr. 3)                  | 2. Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 4. Transaction<br>Code<br>(Instr. 8) | 5. Number of<br>Derivative<br>Securities<br>Acquired (A)<br>or Disposed of<br>(D)<br>(Instr. 3, 4,<br>and 5) | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |                    | 7. Title and Amount of<br>Underlying Securities<br>(Instr. 3 and 4) |                                     |
|--|--|---|---|--------------------------------------|--|--|--------------------|---|-------------------------------------|
|  |  |   |   | Code                                 | V (A) (D)  | Date<br>Exercisable  | Expiration<br>Date | Title   | Amount<br>or<br>Number<br>of Shares |
| Stock<br>Options<br>(Right to<br>Buy)                                | \$ 63.63   | 01/30/2019                              |   | M                                    | 13,333   | 03/08/2017   | 03/08/2021         | Common<br>Stock   | 13,333                              |
| Stock<br>Options<br>(Right to<br>Buy)                                | \$ 63.63   | 01/30/2019                              |   | M                                    | 13,334   | 03/08/2018   | 03/08/2021         | Common<br>Stock   | 13,334                              |
| Stock<br>Options<br>(Right to<br>Buy) -<br>2-22-17<br>exp<br>2-22-22 | \$ 74.78   | 01/30/2019                              |   | M                                    | 13,333   | 02/22/2017   | 02/22/2022         | Common<br>Stock   | 13,333                              |
| Stock<br>Options<br>(Right to<br>Buy)<br>2-22-18<br>Exp<br>2-22-22   | \$ 74.78   |   |   |                                      |  | 02/22/2018   | 02/22/2022         | Common<br>Stock   | 13,333                              |
| Stock<br>Options<br>(Right to<br>Buy)<br>2-22-19<br>exp<br>2-22-22   | \$ 74.78   |   |   |                                      |  | 02/22/2019   | 02/22/2022         | Common<br>Stock   | 13,334                              |

|   |          |            |            |                 |        |
|---|----------|------------|------------|-----------------|--------|
| Stock<br>Options<br>(Right to Buy)<br>2-20-18 | \$ 64.33 | 02/20/2018 | 02/20/2023 | Common<br>Stock | 14,166 |
| Stock<br>Options<br>(Right to Buy)<br>2-20-18 | \$ 64.33 | 02/20/2019 | 02/20/2023 | Common<br>Stock | 14,166 |
| Stock<br>Options<br>(Right to Buy)<br>2-20-18 | \$ 64.33 | 02/20/2020 | 02/20/2023 | Common<br>Stock | 14,168 |

## Reporting Owners

| Reporting Owner Name / Address                                  | Relationships |           |                     |       |
|---|---------------|-----------|---------------------|-------|
|   | Director      | 10% Owner | Officer             | Other |
| Spaid John L<br>222 ROBERT ROSE DRIVE<br>MURFREESBORO, TN 37129 |               |           | Exec. VP of Finance |       |

## Signatures

/s/Kimberly Ouimet, by limited power of attorney for Mr.  
Spaid

01/30/2019

\_\_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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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