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Benefitfocus Form 4 June 11, 2014								
FORM	UNITED STATES SECURITIES AND EACHANGE COMMISSION			3235-0287				
Check thi if no long subject to Section 1 Form 4 or Form 5 obligation may cont	Filed pursuant Section 17(a) of t	STATEMENT OF CHANGES IN BENEFICIAL OWN SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Section 17(a) of the Public Utility Holding Company Act of 1 20(b) of the Lucestment Company Act of 1040			Expires: January 31, 2005 Estimated average burden hours per response 0.5			
<i>See</i> Instru 1(b). (Print or Type F		(i) of the investment	Company Act	01 1940				
1. Name and A ALPERN M	ddress of Reporting Person IILTON	2. Issuer Name and Symbol Benefitfocus,Inc.		Issuer	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
(Last)	(First) (Middle)		3. Date of Earliest Transaction (Che					
100 BENEF	ITFOCUS WAY	(Month/Day/Year) 06/09/2014		below)	Officer (give title Other (specify			
	(Street)	4. If Amendment, Da Filed(Month/Day/Year	-	Applicable Line)	_X_ Form filed by One Reporting Person			
CHARLEST	TON, SC 29492			Form filed by Person	More than One Reporting			
(City)	(State) (Zip)	Table I - Non-I	Derivative Securit	ies Acquired, Disposed	of, or Beneficially Owned			
1.Title of Security (Instr. 3)	2. Transaction Date 2A. (Month/Day/Year) Exec any (Mo		on(A) or Disposed (D)	Beneficially 5) Owned Following Reported Transaction(s)	6. Ownership7. Nature ofForm: DirectIndirect(D) orBeneficialIndirect (I)Ownership(Instr. 4)(Instr. 4)			
Common Stock	06/09/2014	Code V M	Amount (D)	Price (Instr. 3 and 4) \$ 18,152 8.11	D			
Common Stock	06/09/2014	S <u>(1)</u>	5,000 D	\$ 40 13,152	D			

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

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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. Transactio Code (Instr. 8)	5. Number orof 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)		8. De Se (Ir
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Option (Right to Buy)	\$ 8.11	06/09/2014		M <u>(1)</u>	5,000	(2)	01/31/2022	Common Stock	5,000	
Stock Option (Right to Buy)	\$ 9.33					<u>(3)</u>	06/30/2022	Common Stock	12,115	
Stock Option (Right to Buy)	\$ 10.3					(4)	09/30/2022	Common Stock	2,000	

Reporting Owners

Reporting Owner Name / Address	Relationships				
F B	Director	10% Owner	Officer	Other	
ALPERN MILTON 100 BENEFITFOCUS WAY CHARLESTON, SC 29492			Chief Financial Officer		
Signatures					
/s/ Donald R. Reynolds,		06/11	/2014		

Attorney-in-Fact

**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) This exercise and sale was effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on May 23, 2014.

This option was granted on January 31, 2012 and vests over a four-year period with one-fourth (1/4) of the option granted vesting on (2) January 9, 2013, the first anniversary of the vesting commencement date, and the balance of the option granted vesting ratably on a monthly basis over the following 36 months.

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This option was granted on July 1, 2012 and vests over a four-year period with one-fourth (1/4) of the option granted vesting on January (3) 9, 2013, the first anniversary of the vesting commencement date, and the balance of the option granted vesting ratably on a monthly basis

over the following 36 months. This option was granted on October 1, 2012 and vests over a four-year period with one-fourth (1/4) of the option granted vesting on October 1, 2013, the first anniversary of the vesting commencement date, and the balance of the option granted vesting ratably on a

(4) October 1, 2013, the first anniversary of the vesting commencement date, and the balance of the option granted vesting ratably on a monthly basis over the following 36 months.

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.