COGGIN D GERALD

Form 4 March 03, 2011

FORM 4

OMB APPROVAL

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005
Estimated average

Form 4 or Form 5 obligations may continue.

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

2. Issuer Name and Ticker or Trading

burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

COGGIN D		NATIONAL HEALTHCARE CORP			Issuer (Check all applicable)				
(Last) 1942 DILTO	2) 3. Date of E (Month/Day	[NHC] 3. Date of Earliest Transaction (Month/Day/Year) 03/01/2011			Director 10% Owner Selfow) Other (specify below) Sr. V.P., Corp Relations				
MURFREES		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 l	I - Non-De	rivative S	ecurities Acq	uired, Disposed	of, or Benefic	ially Owned
1.Title of Security (Instr. 3) Shares of Common Stock in my name and my spouse's name	2. Transactio (Month/Day/	Year) E		3. Transaction Code (Instr. 8)	4. Securion Acquired Disposed (Instr. 3,	ties l (A) or l of (D)	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)
Shares of Common Stock in Trust							1,937	I	Trustee of Estate Trust
Shares of Common							12,136	I	Family Partnership

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Shares of Common Stock	104	I	Family Partnership
Shares of Series A Convertible Preferred Stock	63,181	D	
Shares of Series A Convertible Preferred Stock held in Trust	3,500	I	Trustee of Estate Trust

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.

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	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	TransactionDerivative I		Expiration Dat	6. Date Exercisable and Expiration Date (Month/Day/Year)		Amount of Securities 4)
	Security				(D) (Instr. 3, 4, and 5)				
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option to purchase Common	\$ 46.69	03/01/2011		A	40,000 (1)	01/31/2016	02/29/2016	Common Stock	40,000

Reporting Owners

Stock

Reporting Owner Name / Address	Relationships					
. 0	Director	10% Owner	Officer	Other		
COGGIN D GERALD			Sr. V.P.,			
1942 DILTON-MANKIN ROAD			Corp			

Reporting Owners 2

MURFREESBORO, TN 37127

Relations

Signatures

D. Gerald Coggin 03/03/2011

**Signature of Date
Reporting Person

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) These stock options were granted pursuant to the Company's 2010 Omnibus Equity Incentive Plan on March 1, 2011. The grant and exercise of these stock options are exempt from Section 16(b) pursuant to Rule 16b-3(d).

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.

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