ALLSTATE COF Form 8-K September 15, 20	
UNITED STATE SECURITIES AN Washington, D.C	ND EXCHANGE COMMISSION
FORM 8-K	
	ORT SECTION 13 OR 15(d) OF THE CCHANGE ACT OF 1934
Date of Report (D	Date of earliest event reported): September 15, 2016
	E CORPORATION egistrant as specified in its charter)
(State or other (C	211840 36-3871531 Commission (IRS Employer ille Number) Identification No.)
	ad, Northbrook, Illinois 60062 ipal executive offices) (Zip Code)
Registrant's telep	hone number, including area code: (847) 402-5000
	riate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of er 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)
[] 240.14d-2(b))	Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR

[] 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 September 15, 2016 announcing its estimated catastrophe losses for August 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 September 15, 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
Title: Vice President,
Assistant General
Counsel and Assistant
Secretary

Date: September 15, 2016

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