

FORM 4

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

OMB APPROVAL

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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

1. Name and Address of Reporting Person* Richard F. LaRoche, Jr. 2103 Shannon Drive Murfreesboro TN 370129	2. Issuer Name and Ticker or Trading Symbol NationalHealthCare Corporation [NHC]	5. Relationship of Reporting Person(s) to Issuer (check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)
	3. Date of Earliest Transaction Required to be Reported (Month/Day/Year) 05/01/2017	
	4. If amendment, Date Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More Than One Reporting Person

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

1. Title of Security (Instr. 3)	2. Transaction Date (mm/dd/yy)	2A. Deemed Execution Date, if any (mm/dd/yy)	3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, & 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3, & 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 - Family LP (BFLP)								29,523	I	General Partner
Common Stock - Fam. Partnership (LR Ent.)								31,698	D	
Common Stock - Fam. Partnership (LFLP)								96,000	I	General Partner
Common Stock - Held in my name or my wife's name	05/01/2017		M		7,500 (1)	A	\$44.80	187,220	D	

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

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

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.

Form 4 (cont.)
 Name and Address of Reporting Person
 Richard F. LaRoche, Jr.
 2103 Shannon Drive
 Murfreesboro TN 370129

Issuer Name and Ticker or Trading Symbol
 NationalHealthCare Corporation [NHC]

Period Of Report
 05/01/2017

**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 (mm/dd/yy)	3A. Deemed Execution Date, if any (mm/dd/yy)	4. Transaction Code (Instr. 8)		5. No. of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, & 5)		6. Date Exercisable and Expiration Date (mm/dd/yy)		7. Title and Amount of Underlying Securities (Instr. 3 & 4)		8. Price of Derivative Security (Instr. 5)	9. No. of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3, & 4)	10. Ownership Form of Derivative Securities: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Option to Purchase Common Stock	\$44.80	05/01/2017		M			7,500	05/03/2012	05/02/2017	Common Stock	7,500	\$0	0	D	
Option to Purchase Common Stock	\$47.75							05/08/2013	05/07/2018	Common Stock	7,500		7,500	D	
Option to Purchase Common Stock	\$52.93							05/08/2014	05/07/2019	Common Stock	7,500		7,500	D	
Option to Purchase Common Stock	\$61.25							05/07/2015	05/06/2020	Common Stock	7,500		7,500	D	
Option to Purchase Common Stock	\$62.78							06/02/2016	06/01/2021	Common Stock	7,500		7,500	D	

Explanation of Responses:

(1) - These stock options were granted pursuant to the NHC 2010 Omnibus Equity Incentive Plan on May 3, 2012. The grant and exercise of these stock options are exempt from Section 16(b) pursuant to Rule 16b-3(d).

By: /s/ Richard F. LaRoche, Jr.
 **Signature of Reporting Person

5/1/2017
 Date