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Owest Investor Relations	About Qv	vest : Investor Relations :	Financials & Overv	iew : Debt & Credit I	Ratings			
Investor Relations	Debt Schedule & Credit Ratings External Debt for Borrowed Money Schedule (U.S. Dollar Equivalents) 6/30/2010							
Financials & Overview								
Quarterly Earnings								
QCII SEC Filings								
•								
QCII XBRL		Issued	Maturity	Current Outstandi	ng Coupon			
QC SEC FILINGS		Qwest Communications	International Inc.					
Debt & Credit Ratings		30-Jan-2004	15-Feb-2014	500,000,000	7.5000%			
Fundamentals		08-Jun-2005	15-Feb-2014	800,000,000	7.5000%			
Interactive Chart		14-Sep-2009	01-Oct-2015	550,000,000	8.0000%			
		12-Jan-2010	01-Apr-2018	800,000,000	7.1250%			
Stock History		02-Nov-2005	15-Nov-2025	1,265,000,000	3.5000%			
Presentations & Webcasts		Tot	al	3,915,000,000				
Earnings Archive		Qwest Capital Funding,	Inc.					
Shareowner Relations		21-Aug-2000	15-Aug-2010	64,758,000	7.9000%			
2010 Special Stockholders		14-Feb-2001	15-Feb-2011	179,467,000	7.2500%			
Meeting		18-Nov-1998	15-Nov-2018	174,411,000	6.5000%			
2010 Annual Meeting		30-Jul-2001	03-Aug-2021	97,159,000	7.6250%			
Corporate Governance		29-Jun-1998	15-Jul-2028	351,675,000	6.8750%			
Contact Investor Relations		14-Feb-2001	15-Feb-2031	358,106,000	7.7500%			
Request by Mail		Tot	al	1,225,576,000				
		Qwest Corporation						
 View Qwest's Simplified Corporate Structure PDF 		19-Aug-2004	01-Sep-2011	825,000,000	7.8750%			
		12-Mar-2002	15-Mar-2012	1,500,000,000	8.8750%			
Contact Investor Relations Phone: 800-567-7296 Email: IR@qwest.com		08-Jun-2005	15-Jun-2013	750,000,000	L+325			
		08-Aug-2006	01-Oct-2014	600,000,000	7.5000%			
		08-Jun-2005	15-Jun-2015	400,000,000	7.6250%			
		07-Apr-2009	01-May-2016	810,500,000	8.3750%			
		16-May-2007	01-Jun-2017	500,000,000	6.5000%			
		18-Jun-1993	15-Jun-2023	484,000,000	7.5000%			
		15-Sep-1995 10-Nov-1995	15-Sep-2025 10-Nov-2026	250,000,000	7.2500%			
		01-May-1990	01-May-2030	55,150,000	7.3750%			
		01-May-1990	01-May-2030	42,883,000	7.7500%			
		28-Sep-1993	15-Sep-2033	1,000,000,000	6.8750%			
		13-Oct-1995	15-Oct-2035	250,000,000	7.2500%			
		17-Nov-1993	15-Nov-2043	250,000,000	7.1250%			
		Tot		7,967,533,000				
		Grand Total		13,108,109,000*				
		* Note this chart represents the face amount of		Owest's outstanding de	ebt issues. Any difference			

* Note this chart represents the face amount of Owest's outstanding debt issues. Any difference between the grand total and amount reported on the balance sheet is primarily due to amortization of premium or discount and capital leases.

This chart does not include derivatives, capital leases, or other similar indebtne,ss.

Credit Ratings as of December 31, 2009			
	Moody's	S & P	Fitch
Corporate Rating/Senior Implied Rating	Ba2	BB	BB
Qwest Corporation	Ba1	BBB-	BBB-
Qwest Capital Funding, Inc.	B1	B+	BB
Qwest Communications International Inc.*	Ba3/B1	B+	BB+/BB
* 0011 notes have various ratings			

This is a note from the annual report release from http://news.qwest.com

Balance Sheet

In the quarter, the company continued to strengthen its balance sheet. In total, Qwest reduced its net debt by \$1.2 billion in 2009. Net debt was \$11.8 billion at the end of the quarter compared to \$12.1 billion at the end of the third quarter and \$13.0 billion at the end of 2008. Overall cash and cash equivalent balances increased to \$2.4 billion from \$2.1 billion at the end of the third quarter. The company's net debt-to-adjusted EBITDA leverage ratio was 2.7 times, which is equal to the third quarter but an improvement from 2.9 times at the end of 2008.