FORM 4

Check this box if no longer subject

to Section 16. Form 4 or Form 5 obligations may continue. See

Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

STATEMENT	OF CHANGES	IN BENEFICIAL	OWNERSHIP

OMB APPROVAL 3235-0287 Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person* Saad Kareem					2. Issuer Name and Ticker or Trading Symbol Sema4 Holdings Corp. [SMFR]								(Ched	k all app	ationship of Report all applicable) Director Officer (give title		10% O		
		INGS CORP.	Middle)	r Er	3. Date of Earliest Transaction 12/01/2021					action (Month/Day/Year)				X	belov			below)	Specify
333 LUDLOW ST, NORTH TOWER, 8TH FL. (Street) STAMFORD CT 06902 (City) (State) (Zip)				4. If Amendment, Date of Original Filed (Month/Day/Year)							Line) X	Individual or Joint/Group Filing (Check Applicable le) X Form filed by One Reporting Person Form filed by More than One Reporting Person							
		Table	I - No	n-Deriva	tive S	Secu	rities	Acq	juired,	Dis	posed of	, or E	Benef	iciall	y Own	ed			
1. Title of Security (Instr. 3) 2. Transact Date (Month/Day				Execution Date,		3. Transaction Code (Instr. 8) 4. Securities Acquired (A Disposed Of (D) (Instr. 3, 5)				4 and Secu Bene		rities F ficially (I ed Following (I		n: Direct or Indirect nstr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)				
									Code	v	Amount	(A) (D)	or Pr	ice	Transa	ction(s) 3 and 4)			(111341. 4)
Class A Common Stock 12/01/2				12/01/2	021			Α		5,592(1)	A	. 4	6.05	43	3,026		D		
Class A Common Stock 12/01/2			2021			F ⁽²⁾		1,799	D	\$	5.52 ⁽³⁾	4	1,227		D				
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)	rivative Conversion Date Execution Date, curity or Exercise (Month/Day/Year) if any		ion Date,	4. Transaction Code (Instr. 8)		of	r osed (. 3, 4	6. Date Exercis Expiration Date (Month/Day/Yea		ate	e Amount of		De Se (In	Price of erivative ecurity estr. 5)	derivative Securities		10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercis	able	Expiration Date	Title	Amou or Numb of Share	er					

Explanation of Responses:

- 1. The indicated shares were issued to Reporting Person as a stock bonus in connection with the elimination of Issuer's sabbatical leave program, in which all employees of Issuer hired on or before June 30, 2021 were provided an opportunity to receive a stock bonus in lieu of their continued eligibility to take sabbatical leave. The stock bonus was fully vested as of the date of issuance.
- 2. Represents the number of shares required to be sold by the Reporting Person to cover certain tax obligation in connection with the stock bonus granted to the reporting person. This sale is mandated by the Issuer's election under its equity incentive plans to require the satisfaction of tax withholding obligations to be funded by a "sell to cover" transaction and does not represent a discretionary trade by the Reporting Person.
- 3. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$5.51 to \$5.60, inclusive. The reporting person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth herein.

Remarks:

/s/ Daniel Clark, Attorney-in-

12/03/2021

** Signature of Reporting Person

Date

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).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.