SEC For	m 4																	
FORM 4 UNITE				D STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549											OMB APPROVAL			
Section 16. Form 4 or Form 5 obligations may continue. See					NT OF CHANGES IN BENEFICIAL OWNER d pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940								Estimated average burden			3235-0287 0.5		
1. Name and Address of Reporting Person [*] Saad Kareem					2. Issuer Name and Ticker or Trading Symbol Sema4 Holdings Corp. [SMFR]								eck all applic Director	able)	,		s) to Issuer 10% Owner Other (specify below)	
(Last) C/O SEN 333 LUI	(Middle) R, 8TH FL.		3. Date of Earliest Transaction (Month/Day/Year)									hief Business Officer						
(Street) STAMFORD CT 06902 (City) (State) (Zip)					Line)									oint/Group Filing (Check Applicable led by One Reporting Person led by More than One Reporting				
		Та	ble I - Nor	1-Deriva	tive S	Securitie	s Ac	quired,	Dis	posed c	of, or Be	neficially	/ Owned					
1. Title of Security (Instr. 3) 2. Transi Date (Month/L						2A. Deem Executior if any (Month/Da	n Date	Code (4. Securi Disposed Amount	ties Acquir d Of (D) (Ins (A) c (D)	str. 3, 4 and 9	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		Form	: Direct I Indirect I str. 4) (7. Nature of ndirect Beneficial Dwnership Instr. 4)	
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 (Month/Day/Year)	3A. Deemed Execution D if any (Month/Day/	ate, Tra Co	nsactior le (Instr			6. Date Exercisable Expiration Date (Month/Day/Year)		•	of Securities		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)		10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
				Co	ie V	(A)	(D)	Date Exercisab		Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	1011(3)			
Employee Stock Option (Right to Buy)	\$7.62	10/01/2021		A		192,152		(1)	0	9/30/2031	Class A Common Stock	192,152	\$0.00	192,1	52	D		
Restricted Stock Unit	(2)	10/01/2021		А		288,228		(1)		(1)	Class A Common Stock	288,228	\$0.00	288,22	28	D		

Explanation of Responses:

1. 3/16th of the total shares vest on October 25, 2021, 1/16th of the total shares vest on January 19, 2022, and thereafter vests as to 1/16th of the total shares underlying the award in quarterly installments until fully vested on January 19, 2025, subject to the Reporting Person's continued service to the Issuer on each vesting date.

2. Each restricted stock unit represents a contingent right to receive 1 share of the Issuer's Class A Common Stock upon settlement for no consideration.

Remarks:

/s/ Daniel Clark, Attorney-in-Fact

** Signature of Reporting Person Date

10/05/2021

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.