Instruction 1(b).

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

| Washington, | D.C. 20549 |
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| Check this box if no longer subject | STATEMENT OF CHANGES IN BENEFICIAL | OWNERSHIP |
|-------------------------------------|------------------------------------|------------------|
| to Section 16. Form 4 or Form 5 | | |
| obligations may continue. See | | |

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* Coffin James | | | | | | 2. Issuer Name and Ticker or Trading Symbol Sema4 Holdings Corp. [SMFR] | | | | | | | | | ck all app Direc | , | ng Pers | son(s) to Is 10% Ov Other (s | vner |
|--|--|---------------------------------------|--------------|-------|---------|---|---|---|--|---------|---|-------|--|--|--|--|-----------------------------------|--|---|
| | AA4 HOLE | rst) (N DINGS CORP. NORTH TOWE) | Middle) | I FI. | | 3. Date of Earliest Transaction (Month/Day/Year) 12/01/2021 | | | | | | | | - X | | below) President | | below) | |
| (Street) STAMF(| ORD C | Γ 0 | 6902 Zip) | | 4. If A | Amendment, Date of Original Filed (Month/Day/Year) | | | | | | | 6. Ind Line) | ividual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person | | | | on | |
| Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | | | | | | | | | | | | |
| 1. Title of Security (Instr. 3) 2. Transact Date (Month/Day | | | | | | Exec if any | Deemed ecution Date, ny onth/Day/Year) | | 3. 4. Securitie Transaction Code (Instr. 8) 5. | | | | | Securi Benefi | Amount of ecurities eneficially wned Following | | : Direct r Indirect str. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) | |
| | | | | | | | Code | v | Amount | (A) (D) | or P | rice | Transa | action(s) . 3 and 4) | | | () | | |
| Class A Common Stock 12/01/ | | | | | 2021 | | | | A | | 8,376(1) | A | | \$6.05 | 25,141 | | | D | |
| Class A Common Stock 12/01/2 | | | | | 2021 | | | | F ⁽²⁾ | | 2,238 | D | \$ | S5.52 ⁽³⁾ | 22,903 | | | 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 | | | | | Transaction Code (Instr. | | vative urities uired or osed b) r. 3, 4 | Expiratio (Month/D | | e Exercisable and tion Date n/Day/Year) | | 7. Title and Amount of Securities Underlying Derivative Security (Ins 3 and 4) | | rivative curity str. 5) | 9. Number derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4) | y [| 10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | Beneficial Ownership t (Instr. 4) |
| | | | | | Code | v | (A) | (D) | Date Exercis | able | Expiration Date | Title | or Num of Shar | ber | | | | | |

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 \$5.65, 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.