ETHOS TECHNOLOGIES INC.

Reported by

ACCEL GROWTH FUND INVESTORS 2016 L.L.C.

FORM 4

(Statement of Changes in Beneficial Ownership)

Filed 08/06/26 for the Period Ending 08/04/26

Address	1606 HEADWAY CIRCLE #9013 AUSTIN, TX, 78754
Telephone	(415) 915-0665
CIK	0001788451
Symbol	LIFE
Fiscal Year	12/31

FORM 4

☐ Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

☐ Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

1. Name and Address of Reporting Person *	2. Issuer Name **and** Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
Accel Growth Fund IV L.P. (Last) (First) (Middle) **500 UNIVERSITY AVENUE** (Street) **PALO ALTO CALIFORNIA 94301** (City) (State) (Zip/Postal Code) **UNITED STATES** (Country)	**Ethos Technologies Inc. [LIFE]** 3. Date of Earliest Transaction (MM/DD/YYYY) **8/4/2026** 4. If Amendment, Date Original Filed (MM/DD/YYYY)	_____ Director __X__ 10% Owner _____ Officer (give title below) _____ Other (specify below) 6. Individual or Joint/Group Filing (Check Applicable Line) ___ Form filed by One Reporting Person _X_ 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. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 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			
Class A Common Stock	**8/4/2026**		**C**		**1,695,244**	**A**	[(1)]	**1,695,244**	**D**	
Class A Common Stock	**8/4/2026**		**C**		**81,083**	**A**	[(1)]	**81,083**	**I**	**By Accel Growth Fund Investors 2016 L.L.C.**
Class A Common Stock	**8/4/2026**		**C**		**9,644**	**A**	[(1)]	**9,644**	**I**	**By Accel Growth Fund IV L.P. Strategic Partners L.P.**
Class A Common Stock	**8/4/2026**		**J[(2)]**		**1,695,244**	**D**	**$0**	**0**	**D**	
Class A Common Stock	**8/4/2026**		**J[(3)]**		**81,083**	**D**	**$0**	**0**	**I**	**By Accel Growth Fund Investors 2016 L.L.C.**
Class A Common Stock	**8/4/2026**		**J[(4)]**		**9,644**	**D**	**$0**	**0**	**I**	**By Accel Growth Fund IV L.P. Strategic Partners L.P.**

Table II - Derivative Securities Beneficially Owned (*e.g.*, puts, calls, warrants, options, convertible securities)

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: 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				
Class B Common Stock	(1)	**8/4/2026**		**C**			**1,695,244**	(1)	(1)	**Class A Common Stock**	**1,695,244**	**$0**	**5,085,731**	**D**	
Class B Common Stock	(1)	**8/4/2026**		**C**			**81,083**	(1)	(1)	**Class A Common Stock**	**81,083**	**$0**	**243,255**	**I**	**By Accel Growth Fund Investors 2016 L.L.C.**
Class B Common Stock	(1)	**8/4/2026**		**C**			**9,644**	(1)	(1)	**Class A Common Stock**	**9,644**	**$0**	**28,929**	**I**	**By Accel Growth Fund IV Strategic Partners L.P.**

Explanation of Responses:

(1) Each share of Class B Common Stock is convertible at the option of the holder thereof into one share of Class A Common Stock and otherwise in accordance with the terms of the Issuer's Certificate of Incorporation. The securities have no expiration date.

(2) On August 4, 2026, Accel Growth Fund IV L.P. distributed, for no consideration, 1,695,244 shares of Class A common stock of the Issuer (the "Accel Growth IV Shares") to its limited partners and to Accel Growth Fund IV Associates L.L.C., the general partner of Accel Growth Fund IV L.P., representing each such partner's pro rata interest in such Accel Growth IV Shares. On the same date, Accel Growth Fund IV Associates L.L.C. distributed, for no consideration, the Accel Growth IV Shares it received in the distribution by Accel Growth Fund IV L.P. to its members, representing each such member's pro rata interest in such Accel Growth IV Shares. All of the aforementioned distributions were made in accordance with the exemptions afforded by Rules 16a-13 and 16a-9 of the Securities Exchange Act of 1934, as amended.

(3) On August 4, 2026, Accel Growth Fund Investors 2016 L.L.C. distributed, for no consideration, 81,083 shares of Class A common stock of the Issuer to its members, representing each such member's pro rata interest in such shares. The aforementioned distribution was made in accordance with the exemptions afforded by Rules 16a-13 and 16a-9 of the Securities Exchange Act of 1934, as amended.

(4) On August 4, 2026, Accel Growth Fund IV Strategic Partners L.P. distributed, for no consideration, 9,644 shares of Class A common stock of the Issuer (the "Accel Growth IV SP Shares") to its limited partners and to Accel Growth Fund IV Associates L.L.C., the general partner of Accel Growth Fund IV Strategic Partners L.P., representing each such partner's pro rata interest in such Accel Growth IV SP Shares. On the same date, Accel Growth Fund IV Associates L.L.C. distributed, for no consideration, the Accel Growth IV SP Shares it received in the distribution by Accel Growth Fund IV Strategic Partners L.P. to its members, representing each such member's pro rata interest in such Accel Growth IV SP Shares. All of the aforementioned distributions were made in accordance with the exemptions afforded by Rules 16a-13 and 16a-9 of the Securities Exchange Act of 1934, as amended.

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Accel Growth Fund IV L.P. **500 UNIVERSITY AVENUE** **PALO ALTO** **CALIFORNIA** **94301** **UNITED STATES**		**X**		
Accel Growth Fund Investors 2016 L.L.C. **500 UNIVERSITY AVENUE** **PALO ALTO** **CALIFORNIA** **94301** **UNITED STATES**		**X**		
Accel Growth Fund IV Strategic Partners L.P. **500 UNIVERSITY AVENUE** **PALO ALTO** **CALIFORNIA** **94301** **UNITED STATES**		**X**		
Accel Growth Fund IV Associates L.L.C. **500 UNIVERSITY AVENUE** **PALO ALTO** **CALIFORNIA** **94301** **UNITED STATES**		**X**		

Signatures

/s/ Jaspreet Singh, Attorney-in-Fact on behalf Accel Growth Fund IV L.P.	**8/6/2026**
**Signature of Reporting Person	Date
/s/ Jaspreet Singh, Attorney-in-Fact on behalf of Accel Growth Fund IV Associates L.L.C.	**8/6/2026**
**Signature of Reporting Person	Date
/s/ Jaspreet Singh, Attorney-in-Fact on behalf Accel Growth Fund IV Strategic Partners L.P.	**8/6/2026**
**Signature of Reporting Person	Date
/s/ Jaspreet Singh, Attorney-in-Fact on behalf of Accel Growth Fund Investors 2016 L.L.C.	**8/6/2026**
**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.

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* Form 4: SEC 1474 (03-26).