Form 144 Filer Information

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

Form 144

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

144: Filer Information

Filer CIK	0002089362
Filer CCC	XXXXXXXX
Is this a LIVE or TEST Filing?	(•) LIVE ( ) TEST

Submission Contact Information

Name
Phone
E-Mail Address

144: Issuer Information

Name of Issuer	Ethos Technologies Inc.
SEC File Number	001-43065
Address of Issuer	1606 HEADWAY CIRCLE #9013 AUSTIN TEXAS 78754
Phone	(415) 915-0665
Name of Person for Whose Account the Securities are To Be Sold	Colis Peter George

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer	Officer
Relationship to Issuer	Director

144: Securities Information

Title of the Class of Securities To Be Sold	Name and Address of the Broker	Number of Shares or Other Units To Be Sold	Aggregate Market Value	Number of Shares or Other Units Outstanding	Approximate Date of Sale	Name the Securities Exchange
Common	Charles Schwab & Co., Inc. 3000 Schwab Way Westlake TX 76262	31000	989025.00	41983603	11/20/2026	NASDAQ

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

144: Securities To Be Sold

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired	Is this a Gift?	Date Donor Acquired	Amount of Securities Acquired	Date of Payment	Nature of Payment *
Common	03/29/2021	Exercise and Hold	Ethos Technologies Inc.	☐		31000	03/29/2021	Cash

***** If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

144: Securities Sold During The Past 3 Months

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Peter George Colis 1606 HEADWAY CIRCLE #9013 AUSTIN TX 78754	Ethos Technologies Inc.	08/20/2026	27924	919514.00
Peter George Colis 1606 HEADWAY CIRCLE #9013 AUSTIN TX 78754	Ethos Technologies Inc.	08/21/2026	28600	954488.00
Peter George Colis 1606 HEADWAY CIRCLE #9013 AUSTIN TX 78754	Ethos Technologies Inc.	09/16/2026	23334	929169.00
Peter George Colis 1606 HEADWAY CIRCLE #9013 AUSTIN TX 78754	Ethos Technologies Inc.	09/17/2026	23333	906400.00
Peter George Colis 1606 HEADWAY CIRCLE #9013 AUSTIN TX 78754	Ethos Technologies Inc.	09/18/2026	23333	859862.00
Peter George Colis 1606 HEADWAY CIRCLE #9013 AUSTIN TX 78754	Ethos Technologies Inc.	10/14/2026	40000	1562802.00
Peter George Colis 1606 HEADWAY CIRCLE #9013 AUSTIN TX 78754	Ethos Technologies Inc.	10/15/2026	40000	1533811.00
Peter George Colis 1606 HEADWAY CIRCLE #9013 AUSTIN TX 78754	Ethos Technologies Inc.	10/16/2026	40000	1510821.00
Peter George Colis 1606 HEADWAY CIRCLE #9013 AUSTIN TX 78754	Ethos Technologies Inc.	11/16/2026	29227	980561.00
Peter George Colis 1606 HEADWAY CIRCLE #9013 AUSTIN TX 78754	Ethos Technologies Inc.	11/18/2026	28715	934463.00

Peter George Colis
1606 HEADWAY CIRCLE
#9013
AUSTIN TX 78754

Ethos Technologies Inc. 11/19/2026 31000 997626.00

144: Remarks and Signature

Remarks

Date of Notice	11/20/2026
Date of Plan Adoption or Giving of Instruction, If Relying on Rule 10b5-1	05/12/2026

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature Peter George Colis

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)