

144: Issuer Information

Name of Issuer	Hims & Hers Health, Inc.
SEC File Number	001-38986
Address of Issuer	2269 Chestnut Street Suite 523 San Francisco CALIFORNIA 94123
Phone	1-415-851-0195
Name of Person for Whose Account the Securities are To Be Sold	Oluyemi Okupe

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	1. Officer
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144: Securities Information

Record	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
#1	Common	Goldman Sachs & Co. LLC 200 West Street New York NEW YORK 10282	240,560	\$4,890,584.80	219,561,143	04/06/2026	NYSE

144: Securities To Be Sold

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:

Record	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 *
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#1	Common	03/01/2023	Acquired as compensation -- Stock Options	Issuer	<input type="checkbox"/>	—	7,212	03/01/2023	Compensation -- Cashless exercise / same-day sale
#2	Common	02/24/2022	Acquired as compensation -- Stock Options	Issuer	<input type="checkbox"/>	—	29,826	02/24/2022	Compensation -- Cashless exercise / same-day sale
#3	Common	03/15/2026	Acquired as compensation -- Restricted Stock Units	Issuer	<input type="checkbox"/>	—	184,609	03/15/2026	Compensation
#4	Common	03/15/2026	Acquired as compensation -- Restricted Stock Units	Issuer	<input type="checkbox"/>	—	9,421	03/15/2026	Compensation
#5	Common	03/15/2026	Acquired as compensation -- Restricted Stock Units	Issuer	<input type="checkbox"/>	—	3,296	03/15/2026	Compensation
#6	Common	03/15/2026	Acquired as compensation -- Restricted Stock Units	Issuer	<input type="checkbox"/>	—	4,132	03/15/2026	Compensation
#7	Common	03/15/2026	Acquired as compensation -- Restricted Stock Units	Issuer	<input type="checkbox"/>	—	2,064	03/15/2026	Compensation

* 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.

144: Securities Sold During The Past 3 Months

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.

Record	Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
#1	Oluyemi Okupe 2269 Chestnut Street Suite 523 San Francisco CALIFORNIA 94123	Common	02/03/2026	4,490	\$118,634.33
#2	Oluyemi Okupe 2269 Chestnut Street Suite 523 San Francisco CALIFORNIA 94123	Common	01/05/2026	3,808	\$128,984.58
#3	Oluyemi Okupe 2269 Chestnut Street Suite 523 San Francisco	Common	01/05/2026	772	\$26,093.60

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#4	Oluyemi Okupe 2269 Chestnut Street Suite 523 San Francisco CALIFORNIA 94123	Common	01/20/2026	4,489	\$135,990.66
#5	Oluyemi Okupe 2269 Chestnut Street Suite 523 San Francisco CALIFORNIA 94123	Common	01/05/2026	4,490	\$151,374.06
#6	Oluyemi Okupe 2269 Chestnut Street Suite 523 San Francisco CALIFORNIA 94123	Common	02/03/2026	772	\$20,473.52
#7	Oluyemi Okupe 2269 Chestnut Street Suite 523 San Francisco CALIFORNIA 94123	Common	01/20/2026	771	\$23,406.56
#8	Oluyemi Okupe 2269 Chestnut Street Suite 523 San Francisco CALIFORNIA 94123	Common	03/20/2026	4,728	\$112,197.80
#9	Oluyemi Okupe 2269 Chestnut Street Suite 523 San Francisco CALIFORNIA 94123	Common	01/20/2026	3,807	\$115,716.05
#10	Oluyemi Okupe 2269 Chestnut Street Suite 523 San Francisco CALIFORNIA 94123	Common	03/20/2026	4,489	\$106,868.73
#11	Oluyemi Okupe 2269 Chestnut Street Suite 523 San Francisco CALIFORNIA 94123	Common	04/06/2026	3,658	\$73,075.87

144: Remarks and Signature

Remarks

The sales of shares set forth herein are made in connection with a selling plan dated 5/21/2025, that is intended to comply with Rule 10b5-1(c).

Date of Notice

04/06/2026

Date of Plan Adoption or Giving of
Instruction, If Relying on Rule 10b5-1

1. 05/21/2025

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

Goldman Sachs & Co. LLC on behalf of Oluyemi Okupe

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