

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

1. Name and Address of Reporting Person* <u>Seabaugh Ramona</u> (Last) (First) (Middle) <u>C/O MEDAVAIL HOLDINGS, INC.</u> <u>4720 EAST COTTON GIN LOOP, SUITE 220</u> (Street) <u>PHOENIX</u> <u>AZ</u> <u>85040</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>MedAvail Holdings, Inc.</u> [<u>MDVL</u>]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <u>Chief Financial Officer</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>03/01/2023</u>	
	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person 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. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction 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			
<u>Common Stock</u>	<u>03/01/2023</u>		<u>M</u>		<u>8,333</u>	<u>A</u>	<u>\$0.00⁽¹⁾</u>	<u>8,333</u>	<u>D</u>	
<u>Common Stock</u>	<u>03/01/2023</u>		<u>M</u>		<u>20,000</u>	<u>A</u>	<u>\$0.00⁽¹⁾</u>	<u>28,333</u>	<u>D</u>	

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 Date, if any (Month/Day/Year)	4. Transaction 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 (Month/Day/Year)		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: 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				
<u>Restricted Stock Units</u>	<u>(1)</u>	<u>03/01/2023</u>		<u>M</u>			<u>8,333</u>	<u>(2)</u>	<u>(2)</u>	<u>Common Stock</u>	<u>8,333</u>	<u>\$0.00</u>	<u>16,667</u>	<u>D</u>	
<u>Restricted Stock Units</u>	<u>(1)</u>	<u>03/01/2023</u>		<u>M</u>			<u>20,000</u>	<u>(3)</u>	<u>(3)</u>	<u>Common Stock</u>	<u>20,000</u>	<u>\$0.00</u>	<u>40,000</u>	<u>D</u>	

Explanation of Responses:

1. Each Restricted Stock Unit ("RSU") represents a contingent right to receive one share of Common Stock of the Issuer.
2. On February 9, 2022, the Reporting Person was granted 25,000 RSUs, vesting as to one-third of the RSUs on each of the one (1), two (2), and three (3) year anniversaries of March 1, 2022, in each case subject to continued service to the Issuer by the Reporting Person.
3. On March 16, 2022, the Reporting Person was granted 60,000 RSUs, vesting as to one-third of the RSUs on each of the one (1), two (2), and three (3) year anniversaries of March 1, 2022, in each case subject to continued service to the Issuer by the Reporting Person.

Remarks:

/s/ Ramona Seabaugh
** Signature of Reporting Person

03/03/2023
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.