FORM	4
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#### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

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### 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

(Print or Type Responses)											
1. Name and Address of Reporting Person <sup>*</sup> – JACOBS CINDY	1	2. Issuer Name <b>and</b> ACHIEVE LIFE		-		CHV]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
(Last) (First) 520 PIKE STREET, SUITE 2250		3. Date of Earliest Transaction (Month/Day/Year) 01/26/2021						X_Officer (give title below)         Other (specify below)           President & CMO			
(Street) SEATTLE, WA 98101	2	4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City) (State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
1. Title of Security     2. Transaction       (Instr. 3)     Date       (Month/Day/Ye		/ <b>·</b>	3. Transact Code (Instr. 8)		(A) or Disposed of (D)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	Ownership of Indirec Form: Beneficial	Beneficial	
		(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained SEC 1474 (9-02) in this form are not required to respond unless the form displays a currently valid OMB control number.

#### 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)	Conversion	Date (Month/Day/Year)		Code	tion )	Securitie	fumber Derivative urities (Month/Day/Year) D) tr. 3, 4,		7. Title and Amount of Underlying Securities		Derivative Security (Instr. 5)	Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form of Derivative Security: Direct (D) or Indirect (I)	Beneficial	
				Code	V	(A)	(D)	Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	(Instr. 4)	
Performance Restricted Stock Unit (PRSU)	<u>(1)</u>	01/26/2021		А		5,000		<u>(2)</u>	01/26/2025	Common Stock	5,000	\$ 0	5,000	D	
Stock Option (right to buy)	\$ 13.09	01/26/2021		А		30,000		<u>(3)</u>	01/26/2031	Common Stock	30,000	\$ 0	30,000	D	

## **Reporting Owners**

	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
JACOBS CINDY 520 PIKE STREET SUITE 2250 SEATTLE, WA 98101			President & CMO					

### Signatures

Sandra Thomson as attorney-in-fact for Cindy Jacobs	01/28/2021		
Signature of Reporting Person	Date		

# **Explanation of Responses:**

\* 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).

(1) Each PRSU represents a contingent right to receive one share of the issuer's common stock at settlement.

- (2) Pursuant to the terms of the PRSU 50% of the total shares underlying the PRSU vest on the achievement of a performance-based milestone, and 50% vest on the first anniversary of the achievement of such milestone. The PRSUs will lapse in full if achievement of such milestone is not met.
- (3) The options vest 25% on the first anniversary of January 26, 2021 and thereafter in monthly installments over 36 months.

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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