FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

| OMB Number:             | 3235-0287 |
|-------------------------|-----------|
| Estimated average hurds | an        |

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

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: 3235-03      |       |  |  |  |  |  |  |  |
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|--|---|--|---|---------|---|--|--|------------|---|-----------|----------------------------|---|---|---|---|---|---------------------------------------|--|--|
| 1. Name and Address of Reporting Person*  Rasmussen Melissa  (Last) (First) (Middle)  C/O NATIONAL VISION HOLDINGS, INC. |   |  |   |         | 2. Issuer Name <b>and</b> Ticker or Trading Symbol National Vision Holdings, Inc. [ EYE ] |  |  |            |   |           |                            |   |   | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable)  Director 10% Owner  Officer (give title Other (specify |   |   |                                       |  |  |
|  |   |  |   |         | Date (  |  | Trans  | action (Mo | onth/E  | Day/Year) |                            | X   | Officer (give title below)  Chief Finance   |   |   | below)  | респу                                 |  |  |
| 2435 COMMERCE AVENUE, BLDG. 2200   |   |  |   |         | 4.1   | 4. If Amendment, Date of Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check Applicable |  |            |   |           |                            |   |   |   |   |   |                                       |  |  |
| (Street) DULUTH GA 30096-498   |   |  | 80  |         |   |  |  |            |   |           |                            |   | X Form filed by One Reporting Person Form filed by More than One Reporting Person |   |   |   |                                       |  |  |
| (City)   | (S  | itate)                                     | (Zip)   |         |   |  |  |            |   |           |                            |   |   |   |   |   |                                       |  |  |
|  |   | Tal  | ole I - Nor                                       | n-Deriv | /ativ   | e Se   | curitie  | s Ac       | quired,   | Dis       | posed o                    | f, or Be  | nefic   | ially   | Owned   |   |                                       |  |  |
| 1. Title of Security (Instr. 3)  2. Transa Date (Month/L   |   |  |   |         |   | Execution if any   | P.A. Deemed<br>Execution Date,<br>f any<br>Month/Day/Year)                             |            | Transaction Disposed Code (Instr. 5)                  |           | ties Acqui<br>d Of (D) (In |   | , 4 and Securiti<br>Benefic<br>Owned  |   | s<br>ally<br>following                              | 6. Ownership<br>Form: Direct<br>(D) or Indirect<br>(I) (Instr. 4)   |                                       | 7. Nature of<br>Indirect<br>Beneficial<br>Ownership<br>(Instr. 4)        |  |
|  |   |  |   |         |   |  |  |            |   | v         | Amount                     | nount (A) or (D)  |   | ce  | Reported<br>Transaction(s)<br>(Instr. 3 and 4)      |   |                                       |  |  |
| Common Stock 03/03   |   |  |   |         |   | /2023  |  | M          |   | 320 A     |                            | \$  | 0 <sup>(1)</sup>  | 12,552  |   | D   |                                       |  |  |
| Common Stock 03/03/  |   |  |   |         | 3/202   | J/2023   |  | F          |   | 114 D     |                            |   | (2)   | 12,438  |   |   | D                                     |  |  |
|  |   |  | Table II -  |         |   |  |  |            | uired, D<br>, option                                  |           |                            |   |   |   | Owned   |   |                                       |  |  |
| 1. Title of<br>Derivative<br>Security<br>(Instr. 3)  | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction<br>Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution D<br>if any<br>(Month/Day | Date, T | 4.<br>Transa<br>Code (1<br>B)   |  | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) |            | 6. Date Exercisa<br>Expiration Date<br>(Month/Day/Yea |           | •                          | 7. Title and Am<br>of Securities<br>Underlying<br>Derivative Sect<br>(Instr. 3 and 4) |   | curity (  | 8. Price of<br>Derivative<br>Security<br>(Instr. 5) | 9. Number<br>derivative<br>Securities<br>Beneficial<br>Owned<br>Following<br>Reported<br>Transactio<br>(Instr. 4) | Own<br>For<br>Dire<br>or II<br>(I) (I | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |
|  |   |  |   | C       | Code  | v  | (A)  | (D)        | Date<br>Exercisab                                     |           | Expiration<br>Date         | Title   | Amou<br>or<br>Numb<br>of<br>Share   | oer   |   |   |                                       |  |  |
| Restricted<br>Stock<br>Units   | (1)   | 03/03/2023                                 |   |         | M   |  |  | 320        | (3)   |           | (3)                        | Common<br>Stock   | 32  | 0   | \$0   | 6,128   |                                       | D  |  |
| Restricted<br>Stock<br>Units   | (1)   | 03/03/2023                                 |   |         | A   |  | 19,611   |            | (4)   | T         | (4)                        | Common<br>Stock   | 19,6  | 11  | \$0   | 25,739  | 9                                     | D  |  |

## **Explanation of Responses:**

- $1. \ Each \ restricted \ stock \ unit \ represents \ a \ contingent \ right \ to \ receive \ one \ share \ of \ NVHI \ common \ stock.$
- 2. On March 3, 2023, 320 restricted stock units vested and 114 shares of the Company's common stock were withheld to satisfy tax withholding obligations. The closing price on March 3, 2023 of the Company's common stock on NASDAQ was \$22.31 per share.
- 3. On March 5, 2021, the reporting person was granted 959 restricted stock units, vesting in three equal annual installments beginning on the first anniversary of the grant date.
- 4. The restricted stock units will vest in three equal annual installments beginning on the first anniversary of the grant date.

## Remarks:

/s/ Jared Brandman, as Attorney-in-Fact

03/07/2023

\*\* 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.

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.