SEC Form 4 FOI	RM 4	UNITEI	O STATE:	S SECURITIES				SE CO	OMMIS	SION					
			Washing	9			OMB APPROVAL								
Section 16. Fo	if no longer subject to rm 4 or Form 5 y continue. <i>See</i>).	STA	Filed pur	OF CHANGES suant to Section 16(a) Section 30(h) of the Ir	of the Se	ecuritie	es Exchange A	Act of 19		ור	Estima	Number: ated average burd per response:	3235-0287 len 0.5		
1. Name and Address of Reporting Person [*] SEIDENBERG BETH C				2. Issuer Name and Ticker or Trading Symbol Vera Therapeutics, Inc. [VERA]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner					
(Last) (First) (Middle)				3. Date of Earliest Transaction (Month/Day/Year) 05/10/2023						Officer (give below)	e title Other (specify below)				
C/O VERA THERAPEUTICS, INC. 8000 MARINA BOULEVARD, SUITE 120				4. If Amendment, Date of Original Filed (Month/Day/Year)					6. Indi Line) X	· · · · · · · · · · · · · · · · · · ·					
(Street) BRISBANE	СА	94005								Form filed by Person	y Mor	e than One Rep	orting		
(City)	(State)	(Zip)	R [Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. 						ded to					
		Table I - Noi	n-Derivativ	e Securities Acq	uired,	Disp	osed of, c	r Ben	eficially	Owned					
Date			2. Transaction Date (Month/Day/Ye	Execution Date,	3. Transaction Code (Instr. 8)		4. Securities Disposed Of 5)			5. Amount of Securities Beneficially Owned Follow Reported	/ing	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership		
					Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)			(Instr. 4)		

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. Transac Code (Ir 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		7. Title an Amount o Securities Underlyin Derivative (Instr. 3 an	f g s Security	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				
Stock Option (right to buy)	\$7.7	05/10/2023		A		20,000		(1)	05/09/2033	Class A Common Stock	20,000	\$0.00	20,000	D	

Explanation of Responses:

1. The shares subject to the option will vest in full on the earlier of the first anniversary of the grant date or the date of the Company's 2024 annual stockholder meeting, subject to the Reporting Person's continuous service through such vesting date. Notwithstanding the foregoing, the shares will vest in full upon a change in control, subject to the Reporting Person's continuous service through the date of such change in control.

Remarks:

<u>/s/</u>	Joseph R	. Young, Attorney-	05/12/2022
	n .		05/12/2023

** Signature of Reporting Person

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.

in-Fact

Date

POWER OF ATTORNEY

KNOW ALL BY THESE PRESENTS that the undersigned hereby constitutes and appoints Joseph R. Young and Sean Grant of Vera Therapeutics, Inc. (the "Company"), and Jodie Bourdet, Alexa Smith, Eric Steiner and Chu Lee of Cooley LLP, signing individually, the undersigned's true and lawful attorneys-in-fact and agents to:

1. execute for and on behalf of the undersigned, in the undersigned's capacity as an officer, director and/or more than 10% stockholder of the Company, Forms 3, 4 and 5 in accordance with Section 16(a) of the Securities Exchange Act of 1934, as amended and the rules thereunder;

2. do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Forms 3, 4 or 5, complete and execute any amendment or amendments thereto, and timely file such form with the U.S. Securities and Exchange Commission (the "SEC") and any stock exchange or similar authority; and

3. take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney in-fact, may be of benefit to, in the best interest of, or legally required by, the undersigned, it being understood that the documents executed by such attorney in-fact on behalf of the undersigned pursuant to this Power of Attorney shall be in such form and shall contain such terms and conditions as such attorney-in-fact may approve in such attorney in-fact's discretion.

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, or proper to be done in the exercise of any of the rights and powers herein granted, as fully to all intents and purposes as the undersigned might or could do if personally present, with full power of substitution or revocation, hereby ratifying and confirming all that such attorney-in-fact, or such attorney-in-fact's substitute or substitutes, shall lawfully do or cause to be done by virtue of this power of attorney and the rights and powers herein granted. The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company assuming, any of the undersigned's responsibilities to comply with Section 16 of the Securities Exchange Act of 1934, as amended.

This Power of Attorney shall remain in full force and effect until the earliest to occur of (a) the undersigned is no longer required to file Forms 3, 4 and 5 with respect to the undersigned's holdings of and transactions in securities issued by the Company, (b) revocation by the undersigned in a signed writing delivered to the foregoing attorneys-in-fact or (c) as to any attorney-in-fact individually, until such attorney-in-fact is no longer employed by the Company.

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 10th day of May 2023.

/s/ Beth C. Seidenberg BETH C. SEIDENBERG