

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

☐ Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan for the purchase or sale of equity securities of the issuer that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.

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                                 |           |
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|                                                                                                                                                                                                                                  |                                                                                                                  |                                                                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Name and Address of Reporting Person*<br><u>FRIST ROBERT A JR</u><br><br>(Last) (First) (Middle)<br><u>500 11TH AVENUE NORTH</u><br><u>SUITE 850</u><br><br>(Street)<br><u>NASHVILLE TN 37203</u><br><br>(City) (State) (Zip) | 2. Issuer Name and Ticker or Trading Symbol<br><u>HEALTHSTREAM INC</u> [ <u>HSTM</u> ]<br>Foreign Trading Symbol | 5. Relationship of Reporting Person(s) to Issuer<br>(Check all applicable)<br><input checked="" type="checkbox"/> Director <input checked="" type="checkbox"/> 10% Owner<br><input checked="" type="checkbox"/> Officer (give title below) <u>CEO and Chairman</u> Other (specify below) |
|                                                                                                                                                                                                                                  | 3. Date of Earliest Transaction (Month/Day/Year)<br><u>09/29/2026</u>                                            |                                                                                                                                                                                                                                                                                          |
|                                                                                                                                                                                                                                  | 4. If Amendment, Date of Original Filed (Month/Day/Year)                                                         | 6. Individual or Joint/Group Filing (Check Applicable Line)<br><input checked="" type="checkbox"/> Form filed by One Reporting Person<br>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  |                                                                                               |                                                          |                                                       |
| Common Stock                    | 09/29/2026                           |                                                    | M                              |   | 1,955 <sup>(1)</sup>                                              | A          | \$0    | 3,908,993                                                                                     | D                                                        |                                                       |
| Common Stock                    | 09/29/2026                           |                                                    | F                              |   | 477 <sup>(2)</sup>                                                | D          | \$29.1 | 3,908,516                                                                                     | D                                                        |                                                       |
| Common Stock                    |                                      |                                                    |                                |   |                                                                   |            |        | 10,000                                                                                        | I                                                        | The Carolyn Marie Frist 2005 Vested Trust             |
| Common Stock                    |                                      |                                                    |                                |   |                                                                   |            |        | 10,000                                                                                        | I                                                        | The Cate Merriman Frist 2005 Vested Trust             |
| Common Stock                    |                                      |                                                    |                                |   |                                                                   |            |        | 10,000                                                                                        | I                                                        | The Eleanor Knox Frist 2005 Vested Trust              |
| Common Stock                    |                                      |                                                    |                                |   |                                                                   |            |        | 18,335                                                                                        | I                                                        | Louise Trust u/a/d 08-16-2007                         |
| Common Stock                    |                                      |                                                    |                                |   |                                                                   |            |        | 18,334                                                                                        | I                                                        | Merriman Trust u/a/d 08-16-2007                       |
| Common Stock                    |                                      |                                                    |                                |   |                                                                   |            |        | 18,334                                                                                        | I                                                        | Marie Trust u/a/d 08-16-2007                          |
| Common Stock                    |                                      |                                                    |                                |   |                                                                   |            |        | 18,334                                                                                        | I                                                        | Knox Trust u/a/d 08-16-2007                           |

| 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 |                                                                                               |                                                          |                                                          |
| Common Stock                                                                     |                                      |                                                    |                                |   |                                                                   |            |       | 995,000                                                                                       | I                                                        | Bobby and Melissa Frist Children's 2012 GST-Exempt Trust |

| Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned<br>(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 |                                            |                                                                                                    |                                                           |                                                        |
| Restricted Share Units                                                                                                                          | \$0 <sup>(3)</sup>                                     | 09/29/2026                           |                                                    | M                              |   |                                                                                        | 1,055 | (4)                                                      | (5)             | Common Stock                                                                      | 1,055                      | \$0                                        | 1,230                                                                                              | D                                                         |                                                        |
| Restricted Share Units                                                                                                                          | \$0 <sup>(3)</sup>                                     | 09/29/2026                           |                                                    | M                              |   |                                                                                        | 512   | (6)                                                      | (5)             | Common Stock                                                                      | 512                        | \$0                                        | 1,664                                                                                              | D                                                         |                                                        |
| Restricted Share Units                                                                                                                          | \$0 <sup>(3)</sup>                                     | 09/29/2026                           |                                                    | M                              |   |                                                                                        | 388   | (7)                                                      | (5)             | Common Stock                                                                      | 388                        | \$0                                        | 2,198                                                                                              | D                                                         |                                                        |

Explanation of Responses:

- Shares acquired on vesting of restricted share units.
- Shares withheld for payment of tax liability.
- Each restricted share unit (RSU) represents the contingent right to receive one share of common stock upon vesting of the unit.
- The RSUs are subject to a four year vesting schedule, contingent upon continued service at the time of vesting. 15% vest on September 20, 2024, 20% vest on September 20, 2025, 30% vest on September 20, 2026, and the remaining 35% vest on September 20, 2027.
- Not applicable.
- The RSUs are subject to a four year vesting schedule, contingent upon continued service at the time of vesting. 15% vest on September 18, 2025, 20% vest on September 18, 2026, 30% vest on September 18, 2027, and the remaining 35% vest on September 18, 2028.
- The RSUs are subject to a four year vesting schedule, contingent upon continued service at the time of vesting. 15% vest on September 24, 2026, 20% vest on September 24, 2027, 30% vest on September 24, 2028, and the remaining 35% vest on September 24, 2029.

/s/ Robert A. Frist Jr.

09/29/2026

\*\* 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.