### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 SCHEDULE 14A Proxy Statement Pursuant to Section 14(a) of the Securities Exchange Act of 1934 (Amendment No. )

Filed by the Registrant [X]

Filed by a Party other than the Registrant [ ]

Check the appropriate box:

[ ] Preliminary Proxy Statement

[ ] Confidential, for Use of the Commission Only (as permitted by Rule 14a-6(e)(2))

[ ] Definitive Proxy Statement

[X] Definitive Additional Materials

[ ] Soliciting Material under Rule 14a-12

### HEALTHSTREAM, INC.

(Name of Registrant as Specified In Its Charter) (Name of Person(s) Filing Proxy Statement, if other than the Registrant)

Payment of Filing Fee (Check the appropriate box):

[X] No fee required.

(5)

[ ] Fee computed on table below per Exchange Act Rules 14a-6(i)(1) and 0-11.

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(1) Title of each class of securities to which transaction applies:

(2)	Aggregate number of securities to which transaction applies:
(3)	Per unit price or other underlying value of transaction computed pursuant to Exchange Act Rule 0-11 (Set forth the amount on which the filing fee is calculated and state how it was determined):
(4)	Proposed maximum aggregate value of transaction:

[ ] Fee paid previously with preliminary materials:

Total fee paid:

[ ] Check box if any part of the fee is offset as provided by Exchange Act Rule 0-11(a)(2) and identify the filing for which the offsetting fee was paid previously. Identify the previous filing by registration statement number, or the Form or Schedule and the date of its filing.

(1)	Amount Previously Paid:
(2)	Form, Schedule or Registration Statement No.:
(3)	Filing Party:
(4)	Date Filed:





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### Online

Go to www.envisionreports.com/HSTM or scan the OR code - login details are located in the shaded bar below.

HealthStream, Inc. Shareholder Meeting Notice & Admission

### (1234 5678 9012 345)

### Important Notice Regarding the Availability of Proxy Materials for the HealthStream, Inc. Shareholder Meeting to be Held on May 21, 2020

Under Securities and Exchange Commission rules, you are receiving this notice that the proxy materials for the annual shareholders' meeting are available on the Internet. Follow the instructions below to view the materials and vote online or request a copy. The items to be voted on and location of the annual meeting are on the reverse side. Your vote is important!

This communication is not a form for voting and presents only an overview of the more complete proxy materials that are available to you on the Internet or by mail. We encourage you to access and review all of the important information contained in the proxy materials before voting. The HealthStream 2019 Form 10-K, HealthStream Notice of Annual Meeting of Shareholders, HealthStream Letter to Shareholders and Proxy Statement for the 2020 Annual Meeting are available at:

# www.envisionreports.com/HSTM



# Easy Online Access - View your proxy materials and vote.

- Go to www.envisionreports.com/HSTM.
- Click on the icon on the right to view meeting materials. Step 2:
- Step 3: Return to the investorvote.com window and follow the instructions on the screen to log in.
- Step 4: Make your selections as instructed on each screen for your delivery preferences.
- Step 5: Vote your shares.

When you go online, you can also help the environment by consenting to receive electronic delivery of future materials.



Obtaining a Copy of the Proxy Materials - If you want to receive a copy of the proxy materials, you must request one. There is no charge to you for requesting a copy. Please make your request as instructed on the reverse side on or before May 8, 2020 to facilitate timely delivery.

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### HealthStream, Inc. Shareholder Meeting Notice & Admission

# HealthStream's annual meeting of shareholders will be held on May 21, 2020, at 2:00 p.m. (CT) in a virtual meeting format only, via live webcast www.meetingcenter.io/244413509.

#### Proposals to be voted on at the meeting are listed below along with the Board of Directors' recommendations.

#### The Board of Directors recommend a vote FOR all the nominees listed and FOR Proposals 2 and 3:

- To elect three Class II directors (Jeffrey L. McLaren, Michael D. Shmerling, and Linda E. Rebrovick) to hold office for a term of three (3) years and until their respective successors have been duly elected and qualified.
- To ratify the appointment of Ernst & Young LLP as the Company's independent registered public accounting firm for the fiscal year ending December 31, 2020.
- 3. To approve, on an advisory basis, the compensation of the Company's named executive officers as disclosed in the proxy statement.
- 4. To transact such other business as may properly come before the annual meeting.

PLEASE NOTE - YOU CANNOT VOTE BY RETURNING THIS NOTICE. To vote your shares you must go online or request a paper copy of the proxy materials to receive a proxy card. If you wish to attend and vote at the meeting, you may do so by following the instructions available on the virtual meeting website.

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#### Here's how to order a copy of the proxy materials and select delivery preferences:

Current and future delivery requests can be submitted using the options below.

If you request an email copy, you will receive an email with a link to the current meeting materials.

PLEASE NOTE: You must use the number in the shaded bar on the reverse side when requesting a copy of the proxy materials.

- Internet Go to www.envisionreports.com/HSTM.
- Phone Call us free of charge at 1-866-641-4276.
- Email Send an email to investorvote@computershare.com with "Proxy Materials HealthStream, Inc." in the subject line. Include your
  full name and address, plus the number located in the shaded bar on the reverse side, and state that you want a paper copy of the
  meeting materials.

To facilitate timely delivery, requests for a paper copy of proxy materials must be received by May 8, 2020.