

Sousa Michael
Form 3
February 26, 2010

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,
Section 17(a) of the Public Utility Holding Company Act of 1935 or Section
30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *		2. Date of Event Requiring Statement	3. Issuer Name and Ticker or Trading Symbol	
Sousa Michael		(Month/Day/Year)	HEALTHSTREAM INC [HSTM]	
(Last)	(First)	(Middle)	02/23/2010	
209 10TH AVE.				
SOUTH, SUITE 450				
(Street)				
NASHVILLE, TN 37203				
(City)	(State)	(Zip)		
1. Title of Security		2. Amount of Securities Beneficially Owned	3. Ownership Form:	4. Nature of Indirect Beneficial Ownership
(Instr. 4)		(Instr. 4)	Direct (D) or Indirect (I)	(Instr. 5)
Common Stock		2,725	D	

(Check all applicable)

Director 10% Owner
 Officer Other
(give title below) (specify below)
Senior Vice President

5. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security	2. Amount of Securities Beneficially Owned	3. Ownership Form:	4. Nature of Indirect Beneficial Ownership
(Instr. 4)	(Instr. 4)	Direct (D) or Indirect (I)	(Instr. 5)
Common Stock	2,725	D	

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

SEC 1473 (7-02)

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Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security	2. Date Exercisable and Expiration Date	3. Title and Amount of Securities Underlying Derivative Security	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security:	6. Nature of Indirect Beneficial Ownership
(Instr. 4)	(Month/Day/Year)	(Instr. 4)	Price of Derivative Security	Direct (D)	(Instr. 5)

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	Date Exercisable	Expiration Date		Amount or Number of Shares		or Indirect (I) (Instr. 5)	
Employee Stock Option (right to buy)	11/01/2005	11/01/2012	Common Stock	8,750	\$ 2.03	D	Â
Employee Stock Option (right to buy)	11/01/2006	11/01/2012	Common Stock	8,750	\$ 2.03	D	Â
Employee Stock Option (right to buy)	11/01/2007	11/01/2012	Common Stock	8,750	\$ 2.03	D	Â
Employee Stock Option (right to buy)	11/01/2008	11/01/2012	Common Stock	8,750	\$ 2.03	D	Â
Employee Stock Option (right to buy)	02/25/2006	02/25/2013	Common Stock	1,250	\$ 3.18	D	Â
Employee Stock Option (right to buy)	02/25/2007	02/25/2013	Common Stock	1,250	\$ 3.18	D	Â
Employee Stock Option (right to buy)	02/25/2008	02/25/2013	Common Stock	1,250	\$ 3.18	D	Â
Employee Stock Option (right to buy)	02/25/2009	02/25/2013	Common Stock	1,250	\$ 3.18	D	Â
Employee Stock Option (right to buy)	02/09/2007	02/09/2014	Common Stock	5,000	\$ 2.75	D	Â
Employee Stock Option (right to buy)	02/09/2008	02/09/2014	Common Stock	5,000	\$ 2.75	D	Â
Employee Stock Option (right to buy)	02/09/2009	02/09/2014	Common Stock	5,000	\$ 2.75	D	Â
Employee Stock Option (right to buy)	02/09/2010	02/09/2014	Common Stock	5,000	\$ 2.75	D	Â
Employee Stock Option (right to buy)	03/07/2008	03/07/2015	Common Stock	4,000	\$ 3.75	D	Â
Employee Stock Option (right to buy)	03/07/2009	03/07/2015	Common Stock	4,000	\$ 3.75	D	Â
Employee Stock Option (right to buy)	03/07/2010	03/07/2015	Common Stock	4,000	\$ 3.75	D	Â
Employee Stock Option (right to buy)	03/07/2011	03/07/2015	Common Stock	4,000	\$ 3.75	D	Â
Employee Stock Option (right to buy)	04/04/2009	04/04/2016	Common Stock	1,200	\$ 2.8	D	Â
Employee Stock Option (right to buy)	04/04/2010	04/04/2016	Common Stock	2,400	\$ 2.8	D	Â
Employee Stock Option (right to buy)	04/04/2011	04/04/2016	Common Stock	3,600	\$ 2.8	D	Â

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Employee Stock Option (right to buy)	04/04/2012	04/04/2016	Common Stock	4,800	\$ 2.8	D	Â
Employee Stock Option (right to buy)	02/12/2010	02/12/2017	Common Stock	1,000	\$ 2.01	D	Â
Employee Stock Option (right to buy)	02/12/2011	02/12/2017	Common Stock	2,000	\$ 2.01	D	Â
Employee Stock Option (right to buy)	02/12/2012	02/12/2017	Common Stock	3,000	\$ 2.01	D	Â
Employee Stock Option (right to buy)	02/12/2013	02/12/2017	Common Stock	4,000	\$ 2.01	D	Â
Employee Stock Option (right to buy)	02/11/2011	02/11/2018	Common Stock	5,000	\$ 3.58	D	Â
Employee Stock Option (right to buy)	02/11/2012	02/11/2018	Common Stock	10,000	\$ 3.58	D	Â
Employee Stock Option (right to buy)	02/11/2013	02/11/2018	Common Stock	15,000	\$ 3.58	D	Â
Employee Stock Option (right to buy)	02/11/2014	02/11/2018	Common Stock	20,000	\$ 3.58	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Sousa Michael 209 10TH AVE. SOUTH SUITE 450 NASHVILLE, TN 37203	Â	Â	Â Senior Vice President	Â

Signatures

Michael Sousa 02/26/2010

**Signature of
Reporting Person

Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 5(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.

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