

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

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.

1. Name and Address of Reporting Person * <u>Podnos Yale</u> (Last) (First) (Middle) <u>C/O THE ONCOLOGY INSTITUTE INC.</u> <u>18000 STUDEBAKER RD, SUITE 800</u> (Street) <u>CERRITOS</u> <u>CA</u> <u>90703</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>Oncology Institute, Inc. [TOI]</u> 3. Date of Earliest Transaction (Month/Day/Year) <u>07/14/2026</u> 4. If Amendment, Date of Original Filed (Month/Day/Year)	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner ☒ Officer (give title below) Other (specify below) <u>Chief Medical Officer</u> 6. Individual or Joint/Group Filing (Check Applicable Line) ☒ Form filed by One Reporting Person Form filed by More than One Reporting Person
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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	07/14/2026		M		17,974	A	\$1.87	277,501	D	
Common Stock	07/14/2026		S ⁽¹⁾⁽³⁾		17,974	D	\$6.429	259,527	D	
Common Stock	07/14/2026		M		5,478	A	\$2	265,005	D	
Common Stock	07/14/2026		S ⁽¹⁾⁽³⁾		5,478	D	\$6.35	259,527	D	

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. 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				
Stock Option (Right to Buy)	\$1.87	07/14/2026		M		17,974		(2)	11/17/2032	Common Stock	17,974	\$1.87	0	D	
Stock Option (Right to Buy)	\$2	07/14/2026		M		5,478		(2)	05/21/2034	Common Stock	5,478	\$2	0	D	

Explanation of Responses:

1. The sale transactions were effected pursuant to a Rule 10(b) 5-1 trading plan adopted by the Reporting Person on 08/26/2025.
2. The stock options described above were originally granted on 11/17/2022 and 05/21/2024, respectively, and vested in accordance with their respective terms.
3. The sales reported in Table I reflect shares acquired upon exercise of the options identified in Table II, sold on the same day pursuant to the 10(b) 5-1 plan referenced in Footnote 1.

/s/ Mark Hueppelsheuser,
Attorney-in-Fact for Yale
Podnos

07/16/2026

** 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.