

USANA HEALTH SCIENCES INC  
 Form 4  
 August 17, 2016

**FORM 4**

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

OMB APPROVAL

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

**STATEMENT OF CHANGES IN 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 \*  
**Bramble James**  
  
 (Last) (First) (Middle)  
**3838 WEST PARKWAY BLVD.**  
  
 (Street)  
**SALT LAKE CITY, UT 84120**  
  
 (City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
**USANA HEALTH SCIENCES INC [USNA]**

3. Date of Earliest Transaction (Month/Day/Year)  
**08/15/2016**

4. If Amendment, Date 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)  
**Chief Legal Officer and Sec**

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 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)
Common Stock	08/15/2016		M	(A) or (D) V Amount Price 2,482 (1) \$ 57.62	2,482	D	
Common stock	08/15/2016		S	(A) or (D) V Amount Price 2,482 (2) \$ 132.0855	0	D	
Common Stock	08/16/2016		M	(A) or (D) V Amount Price 7,895 (3) \$ 57.62	7,895	D	
Common Stock	08/16/2016		S	(A) or (D) V Amount Price 6,857 (3) \$ 131.0558	1,038	D	

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

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(9-02)

**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 Underlying Security (Instr. 3 and 4)	8. Amount or Number of Shares
Stock Settled Stock Appreciation Rights	\$ 57.62	08/15/2016		M	4,405	08/15/2016 03/15/2018	Common Stock	4,405
Stock Settled Stock Appreciation Rights	\$ 57.62	08/16/2016		M	14,095	08/15/2016 03/15/2018	Common Stock	14,095

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Bramble James 3838 WEST PARKWAY BLVD. SALT LAKE CITY, UT 84120			Chief Legal Officer and Sec	

## Signatures

James Bramble 08/17/2016

\*\*Signature of Reporting Person

Date

## Explanation of Responses:

\* 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).

(1) The shares acquired resulted from the reporting person's settlement of the stock-settled stock appreciation rights disclosed in Table-II

(2) Weighted average price \$132.0855. Price range in multiple transactions was \$132 to \$132.53 inclusively.

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(3) Weighted average price \$131.0558. Price range was \$131 to \$131.285 inclusively.

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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