

IIEKKING G DOUG  
 Form 4  
 September 06, 2018

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
 Expires: January 31, 2015  
 Estimated average burden hours per response... 0.5

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 \*  
**IIEKKING G DOUG**

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

5. Relationship of Reporting Person(s) to Issuer  
 (Check all applicable)

(Last) (First) (Middle)  
**3838 WEST PARKWAY BLVD**  
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)  
**09/04/2018**

\_\_\_\_ Director \_\_\_\_\_ 10% Owner  
 Officer (give title below) \_\_\_\_\_ Other (specify below)  
**CFO**

**SALT LAKE CITY, UT 84120**  
 (City) (State) (Zip)

4. 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 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	09/04/2018		M	2,200 (1) A \$ 70.745	2,200	D	
Common Stock	09/04/2018		S	2,200 D \$ 130.08 (2)	0	D	
Common Stock	09/06/2018		M	4,296 (1) A \$ 70.745	4,296	D	
Common Stock	09/06/2018		S	4,296 D \$ 124.29 (3)	0	D	
	09/06/2018		M	74 (1) A	74	D	

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Common Stock \$ 70.745  
 Common Stock 09/06/2018 S 74 D \$ 126 0 D

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

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**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)	Amount or Number of Shares
Stock - Settles Stock Appreciation Right	\$ 70.745	09/04/2018		M	4,827	09/01/2018 03/01/2020	Common Stock	4,827
Stock - Settles Stock Appreciation Right	\$ 70.745	09/06/2018		M	10,004	09/01/2018 03/01/2020	Common Stock	10,004
Stock - Settles Stock Appreciation Right	\$ 70.745	09/06/2018		M	169	09/01/2018 03/01/2020	Common Stock	169

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
IIEKKING G DOUG 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120			CFO	

## Signatures

Joshua Foukas, as attorney  
in fact.

09/06/2018

\_\_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 \$130.08. Price range in multiple transactions was \$130.00 to \$130.55 inclusively.
- (3) Weighted average price \$124.29. Price range in multiple transactions was \$124.00 to \$124.925 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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