

Foukas Joshua  
Form 4  
February 06, 2019

**FORM 4**

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

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

**OMB APPROVAL**

OMB  
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(Print or Type Responses)

1. Name and Address of Reporting Person \*  
Foukas Joshua

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)

SALT LAKE CITY 84120

(City) (State) (Zip)

3. Date of Earliest Transaction  
(Month/Day/Year)

02/04/2019

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

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

Chief Legal Officer

6. Individual or Joint/Group Filing(Check  
Applicable Line)  
\_\_\_\_X\_\_\_\_ 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	02/05/2019		M		723	A	<u>11</u>	723	D
Common Stock	02/05/2019		F		299	D	\$ 117.19	424	D
Common Stock	02/06/2019		M		432	A	<u>11</u>	856	D
Common Stock	02/06/2019		F		179	D	\$ 102.81	677	D

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 Securities (Instr. 3 and 4)	8. Title and Amount of Underlying Securities (Instr. 3 and 4)
				Code	V	(A)	(D)	Amount or Number of Shares
Restricted Stock Units	<u>(1)</u>	02/04/2019		A		4,614	<u>(2)</u> <u>(2)</u>	Common Stock 4,614
Restricted Stock Units	<u>(1)</u>	02/04/2019		A		1,569	<u>(3)</u> <u>(3)</u>	Common Stock 1,569
Restricted Stock Units	<u>(1)</u>	02/05/2019		M		723	<u>(4)</u> <u>(4)</u>	Common Stock 723
Restricted Stock Units	<u>(1)</u>	02/06/2019		M		432	<u>(5)</u> <u>(5)</u>	Common Stock 432

## Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
Foukas Joshua 3838 WEST PARKWAY BLVD. SALT LAKE CITY 84120	Chief Legal Officer

## Signatures

Joshua Foukas 02/06/2019  
 \*\*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) Each restricted stock unit represents a contingent right to receive one share of USNA common stock.
- (2) Restricted Stock Units vest 25% on the anniversary of February 4th, 2019.
- (3) Restricted Stock Units vest 65% on the first anniversary of February 4th, 2019 and vest 35% on the second anniversary of February 4th, 2019
- (4) Restricted Stock Units vest 25% on the anniversary of February 5th, 2018.
- (5) On May 1st, 2017, the reporting person was granted restricted stock units, vesting at 25% on each 6th of February thereafter.

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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