

Foukas Joshua  
 Form 4  
 February 06, 2019

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
 Expires: January 31, 2005  
 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 \*  
 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)

3. Date of Earliest Transaction (Month/Day/Year)  
 02/04/2019

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

SALT LAKE CITY 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                    | 02/05/2019                           |  | M                              |   | 723   | A  | Ⓛ   | 723    | D   |   |
| Common Stock                    | 02/05/2019                           |  | F                              |   | 299   | D  | \$  | 117.19 | 424 | D |
| Common Stock                    | 02/06/2019                           |  | M                              |   | 432   | A  | Ⓛ   | 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.

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 control number.

SEC 1474  
(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. 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<br>3838 WEST PARKWAY BLVD.<br>SALT LAKE CITY 84120 |               |           | Chief Legal Officer |       |

## Signatures

Joshua Foukas                      02/06/2019  
 \*\*Signature of                      Date  
 Reporting Person

## 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.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.