USANA HEALTH SCIENCES INC

Form 4

August 23, 2016

FORM 4

Check this box

if no longer

subject to

Section 16.

Form 4 or

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

OMB

OMB APPROVAL

Number:

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5. Relationship of Reporting Person(s) to

January 31, 2005

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

2. Issuer Name and Ticker or Trading **AUCIAUX ROBERT** Issuer Symbol USANA HEALTH SCIENCES INC (Check all applicable) [USNA] (Last) (First) (Middle) 3. Date of Earliest Transaction X_ Director 10% Owner Other (specify Officer (give title (Month/Day/Year) below) 3838 WEST PARKWAY BLVD 08/23/2016 (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting SALT LAKE CITY, UT 84120 Person (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of 2. Transaction Date 2A. Deemed 7. Nature of 3. 4. Securities Acquired (A) 5. Amount of 6. Security (Month/Day/Year) Execution Date, if Transaction Disposed of (D) Securities Ownership Indirect (Instr. 3) Code (Instr. 3, 4 and 5) Beneficially Form: Beneficial (Month/Day/Year) (Instr. 8) Owned Direct (D) Ownership Following or Indirect (Instr. 4) Reported (I) (A) Transaction(s) (Instr. 4) or (Instr. 3 and 4) Amount Code (D) Price Common 2,317 08/23/2016 M \$ 57.62 2,317 D (1) Stock \$ Common 08/23/2016 S 2,317 D 138.7887 0 D Stock

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

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(2)

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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 on Derivat Securities Acquired (A) or Disposed of	Derivative Expiration Date ecurities (Month/Day/Year equired		7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
	Security				(D) (Instr. 3, 4 and 5)				
				Code V	(A) (D	Date Exercisab	Expiration ble Date	Title	Amou or Numb of Shares
Stock-Settled Stock Appreciation Rights	\$ 57.62	08/23/2016		M	4,00	00 01/01/2	016 06/15/2018	Common Stock	4,00

Reporting Owners

Reporting Owner Name / Address	Kelationships					
	Director	10% Owner	Officer	Other		
AUCIAUX ROBERT 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	X					

Signatures

James Bramble, as attorney in fact 08/23/2016

**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 reporting person's settlement of the stock-settled stock appreciation rights in Table-II.
- (2) Weighted average price \$138.7887. Price range in multiple transactions was \$138.67 to \$138.825 inclusively.

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.

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