

Neidig Brent
Form 3
May 01, 2019

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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 *

Â Neidig Brent

(Last)

(First)

(Middle)

2. Date of Event Requiring
Statement

(Month/Day/Year)

04/29/2019

3. Issuer Name **and** Ticker or Trading Symbol

USANA HEALTH SCIENCES INC [USNA]

4. Relationship of Reporting
Person(s) to Issuer

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

(Check all applicable)

___ Director ___ 10% Owner

☒ Officer ___ Other

(give title below) (specify below)

CO & Man. Dir. of China

6. Individual or Joint/Group

Filing(Check Applicable Line)

☒ Form filed by One Reporting
Person

___ Form filed by More than One
Reporting Person

3838 WEST PARKWAY BLVD.

(Street)

WEST VALLEY

CITY,Â UTÂ 84120

(City)

(State)

(Zip)

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security
(Instr. 4)

2. Amount of Securities
Beneficially Owned
(Instr. 4)

3. Ownership
Form:
Direct (D)
or Indirect
(I)
(Instr. 5)

4. Nature of Indirect Beneficial
Ownership
(Instr. 5)

Common Stock

547

D

Â

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

SEC 1473 (7-02)

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information contained in this form are not
required to respond unless the form displays a
currently valid OMB control number.**

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security
(Instr. 4)

2. Date Exercisable and
Expiration Date
(Month/Day/Year)

3. Title and Amount of
Securities Underlying
Derivative Security
(Instr. 4)

4. Conversion
or Exercise
Price of
Derivative
Security

5. Ownership
Form of
Derivative
Security:
Direct (D)
or Indirect

6. Nature of
Indirect Beneficial
Ownership
(Instr. 5)

Date Exercisable Expiration
Date Date

Title Amount or
Number of

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				Shares		(I) (Instr. 5)	
Stock - Settles Stock Appreciation Right	11/03/2016 ⁽¹⁾	05/03/2020	Common Stock	25,000	\$ 65.255	D	Â
Stock - Settles Stock Appreciation Right	09/01/2018 ⁽²⁾	03/01/2020	Common Stock	15,000	\$ 70.745	D	Â
Restricted Stock Units	Â ⁽³⁾	Â ⁽³⁾	Common Stock	1,132 ⁽⁸⁾	\$ 0	D	Â
Restricted Stock Units	Â ⁽⁴⁾	Â ⁽⁴⁾	Common Stock	1,261 ⁽⁸⁾	\$ 0	D	Â
Restricted Stock Units	Â ⁽⁵⁾	Â ⁽⁵⁾	Common Stock	2,807 ⁽⁸⁾	\$ 0	D	Â
Restricted Stock Units	Â ⁽⁶⁾	Â ⁽⁶⁾	Common Stock	2,019 ⁽⁸⁾	\$ 0	D	Â
Restricted Stock Units	Â ⁽⁷⁾	Â ⁽⁷⁾	Common Stock	777 ⁽⁸⁾	\$ 0	D	Â

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Neidig Brent 3838 WEST PARKWAY BLVD. WEST VALLEY CITY,Â UTÂ 84120	Â	Â	Â CO & Man. Dir. of China	Â

Signatures

Joshua Foukas, as attorney
in fact. 05/01/2019

__Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 5(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) Stock-Settled Stock Appreciation Rights vest 20% on the first anniversary of the grant date, 20% on the second anniversary of the grant date, 30% on the third anniversary of the grant date, and 30% on the fourth anniversary of the grant date.
- (2) Stock-Settled Stock Appreciation Rights vest 50% on the third anniversary of the grant date and 50% on the fourth anniversary of the grant date.
- (3) On May 1st, 2017, the reporting person was granted 1,132 restricted stock units, vesting at 25% on each 6th of February thereafter.
- (4) On October 23rd, 2017, the reporting person was granted 1,261 restricted stock units, vesting at 25% on the anniversary of the grant date.
- (5) On February 5th, 2018, the reporting person was granted 2,807 restricted stock units, vesting at 25% on the anniversary of the grant date.
- (6) On February 4th, 2019, the reporting person was granted 2,019 restricted stock units, vesting at 25% on the anniversary of the grant date.
- (7) On February 4th, 2019, the reporting person was granted 777 restricted stock units, vest 65% on the first anniversary and vest 35% on the second anniversary.
- (8) Each restricted stock unit represents a contingent right to receive one share of USNA common stock.

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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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