

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

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of
the Securities Exchange Act of 1934

Date of Report (Date of Earliest Event Reported):
March 1, 2016

USANA HEALTH SCIENCES, INC.

(Exact name of registrant as specified in its charter)

Utah
(State or other jurisdiction of incorporation)

001-35024
(Commission File No.)

87-0500306
(IRS Employer Identification
Number)

3838 West Parkway Boulevard
Salt Lake City, Utah 84120
(Address of principal executive offices, Zip Code)
Registrant's telephone number, including area code: (801) 954-7100

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
 - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
 - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
 - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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Item 5.02, Departure of Directors or Principal Officers; Election of Directors; Appointment of Principal Officers

Effective as of March 1, 2016, the Board of Directors of USANA Health Sciences, Inc. (the “Company”) acted unanimously to appoint Mr. D. Richard Williams as an additional director of the Company, for an initial term expiring at the Company’s 2016 Annual Meeting of Shareholders. Mr. Williams has not been appointed to any Committees of the Board of Directors at this time.

Mr. Williams is a member of the Board of Directors of Primerica, Inc. He has served as non-executive Chairman of Primerica since April 2015 and was Chairman from October 2009 through March 2015. He served as Primerica’s Co-Chief Executive Officer from 1999 through March 2015 and in various capacities at Primerica since 1989. Mr. Williams serves on the Board of Trustees of the Woodruff Arts Center, the Anti-Defamation League Southeast Region, the Atlanta Area Council of the Boy Scouts of America and the Carter Center Board of Councilors. Mr. Williams received both his B.S. degree and his M.B.A. from the Wharton School of the University of Pennsylvania.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits

Exhibit 99.1 Press release issued by USANA Health Sciences, Inc. dated March 1, 2016 (furnished herewith).

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

USANA HEALTH SCIENCES, INC.

By: /s/ Paul A. Jones

Paul A. Jones, Chief Financial Officer

Date:

March 1, 2016

USANA Health Sciences Announces Appointment of D. Richard Williams to Board of Directors

SALT LAKE CITY--(BUSINESS WIRE)--March 1, 2016--USANA Health Sciences, Inc. (NYSE: USNA) today announced the appointment of D. Richard Williams to the company's board of directors effective March 1, 2016. Mr. Williams joins the board as an independent director and brings a wealth of direct selling experience, as well as finance and corporate strategy expertise. The USANA board now has six members, five of whom are independent.

Myron W. Wentz, Ph.D., Chairman of the Board, commented, "Rick led Primerica as a Co-Chief Executive Officer for more than 15 years and continues to lead their company as Chairman of the Board. He brings to our board more than twenty years of direct selling experience, along with expertise in a host of operating and financial areas that will provide significant value to USANA. I am delighted to have Rick join our board of directors."

Mr. Williams commented, "After carefully reviewing USANA, and engaging with its leadership and employees, I am pleased to accept a seat on the company's board of directors. USANA's strong corporate values and commitment to improving the lives of families around the world make the company a leader in the direct selling industry. I look forward to serving in this role and am eager to begin contributing to USANA's continued success."

About Rick Williams

Mr. Williams served as the Co-Chief Executive Officer of Primerica from 1999 through March 2015, and worked for the company in various capacities beginning in 1989, including Chief Financial Officer and Chief Operating Officer of the Primerica operating unit of Citigroup. Mr. Williams has served as a member of the board of directors for Primerica since 2009. He has served as non-executive Chairman of Primerica since April 2015 and as Chairman from October 2009 through March 2015. Mr. Williams serves on the Board of Trustees of the Woodruff Arts Center, the Anti-Defamation League Southeast Region, the Atlanta Area Council of the Boy Scouts of America and the Carter Center Board of Councilors. Mr. Williams received both his B.S. degree and his M.B.A. from the Wharton School of the University of Pennsylvania.

About USANA

USANA develops and manufactures high-quality nutritional supplements, healthy foods and personal care products that are sold directly to Associates and Preferred Customers throughout the United States, Canada, Australia, New Zealand, Hong Kong, China, Japan, Taiwan, South Korea, Singapore, Mexico, Malaysia, the Philippines, the Netherlands, the United Kingdom, Thailand, France, Belgium, Colombia and Indonesia. More information on USANA can be found at <http://www.usanahealthsciences.com>.

CONTACT:

USANA Health Sciences, Inc.

Investors contact:

Patrique Richards, 801-954-7961

Investor Relations

investor.relations@us.usana.com

or

Media contact:

Dan Macuga, 801-954-7280

Public Relations