

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

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**FORM 8-K**

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**CURRENT REPORT**

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

Date of Report (Date of Earliest Event Reported):  
April 2, 2019

**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))
  - Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (17 CFR §230.405) or Rule 12b-2 of the Securities Exchange Act of 1934 (17 CFR §240.12b-2).
  - If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act.
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**Item 2.02 Results of Operations and Financial Condition.**

On April 2, 2019, USANA Health Sciences, Inc. (the “Company” or “USANA”) issued a press release announcing its preliminary financial results for the first quarter ended March 30, 2019 along with updated outlook for the full year 2019. A copy of the press release is furnished herewith as Exhibit to this Current Report on Form 8-K and is incorporated herein by reference. This document will be posted on the Company’s corporate website, www.usana.com.

The information in this Current Report is being furnished and shall not be deemed “filed” for the purposes of Section 18 of the Securities Exchange Act of 1934, as amended, or otherwise subject to the liabilities of that Section. The information in this Current Report shall not be incorporated by reference into any registration statement or other document pursuant to the Securities Act of 1933, as amended. The furnishing of the information in this Current Report is not intended to, and does not, constitute a representation that such furnishing is required by Regulation FD or that the information this Current Report contains is material investor information that is not otherwise publicly available.

**Item 7.01 Regulation FD Disclosure**

The information disclosed above under Item 2.02, as well as the exhibit attached under Item 9.01 below is incorporated herein by reference.

**Item 9.01 Financial Statements and Exhibits.**

(d) Exhibits

<u>Exhibit No.</u>	<u>Description</u>
99.1	Press release issued by USANA Health Sciences, Inc. dated April 2, 2019 (furnished herewith).

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**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/ G. Douglas Hekking  
G. Douglas Hekking, Chief Financial Officer

Date: April 2, 2019

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**Exhibit Index**

<b>Exhibit No.</b>	<b>Description</b>
<u>99.1</u>	<u>Press release issued by USANA Health Sciences, Inc. dated April 2, 2019 (furnished herewith).</u>

**USANA Health Sciences Provides Preliminary First Quarter Net Sales and Updates Fiscal Year 2019 Outlook**

SALT LAKE CITY--(BUSINESS WIRE)--April 2, 2019--USANA Health Sciences, Inc. (NYSE: USNA) today announced preliminary first quarter net sales and updated its outlook for fiscal year 2019. The Company anticipates that first quarter 2019 net sales will range between \$270 and \$273 million, compared with \$292 million in the prior-year period.

In conjunction with the Company's earnings release and Form 8-K filed on February 5, 2019, the Company provided its full-year guidance for fiscal year 2019 and, in doing so, disclosed that it anticipated a softer first quarter due to limited promotional activity in each of its regions. The lack of promotional activity during the quarter, however, had a larger-than-expected impact on sales. Additionally, net sales in the Company's mainland China market were unfavorably impacted by negative media coverage of the health product industry and direct selling industry in China throughout the quarter in connection with the 100-day review<sup>1</sup> of these industries by the Chinese government, as disclosed by the Company in its Form 10-K filed with the Securities and Exchange Commission on February 26, 2019. These events resulted in softer-than-expected sales for the quarter and have reduced the likelihood of the Company achieving the high end of its previously issued full-year guidance. Consequently, the Company has updated its full-year guidance as follows:

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	<b>Q1 2019 Preliminary Results</b>	<b>Full-Year 2019 Original Guidance Range</b>	<b>Full-Year 2019 Revised Guidance Range</b>
Net sales	\$270 - \$273 million	\$1.25 - \$1.30 billion	\$1.21 - \$1.26 billion
EPS - diluted	\$0.97 - \$1.01	\$5.25 - \$5.55	\$5.00 - \$5.35

“We are updating our outlook for 2019 ahead of our regularly scheduled earnings release to maintain transparency with investors,” said Kevin Guest, Chief Executive Officer. “Our operating plan for 2019 originally called for increasing promotional activity as the year progressed. The lack of promotional activity during the quarter, however, had a more significant impact on our world-wide momentum than we originally anticipated, particularly during the seasonal slow-down that we experience in many of our markets during Chinese New Year. Additionally, the Chinese government’s 100-day review of the health product and direct selling industries in China has been accompanied by negative media coverage in China. The 100-day review and resulting negative media coverage had a more significant impact on first quarter net sales in China than we originally anticipated.”

Guest continued, “We have several incentives and promotions that are set to begin during the second quarter. We have also added a few additional incentives and promotions during the year that are designed to drive growth. Additionally, we expect that the 100-day review will conclude during the second quarter, which should allow us to return to a more typical operating environment in China. We are confident that these initiatives, as well as our plans for the remainder of the year, will drive sales growth during 2019, although at a lower growth rate than previously estimated.”

Final first quarter results will be released after the close of market Tuesday, April 30, 2019. The above statements reflect the Company's preliminary estimates and views on market trends observed in the first quarter of 2019 and are based on information available as of the date hereof.

**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, Indonesia, Germany, Spain, Romania, and Italy. More information on USANA can be found at [www.usana.com](http://www.usana.com).

**Safe Harbor**

This press release contains forward-looking statements within the meaning of Section 27A of the Securities Act and Section 21E of the Securities Exchange Act. Our actual results could differ materially from those projected in these forward-looking statements, which involve a number of risks and uncertainties, including: regulatory risk in China associated with the Chinese government's 100-day review of the health product and direct selling industries; continued negative media coverage in China in connection with the Chinese government's 100-day review of these industries; global economic conditions generally; reliance upon our network of independent Associates; risk associated with governmental regulation of our products, manufacturing and marketing activities; adverse publicity risks globally; risks associated with our international expansion and operations; and risks associated with the internal investigation into BabyCare's operations. The contents of this release should be considered in conjunction with the risk factors, warnings, and cautionary statements that are contained in our most recent filings with the Securities and Exchange Commission. The forward-looking statements set forth our beliefs as of the date hereof. We do not undertake any obligation to update any forward-looking statement after the date hereof, except as required by law.

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<sup>1</sup> In January 2019, following unfavorable media coverage of certain health product companies and direct selling companies, several departments of the Chinese government initiated a 100-day review of health product and direct selling companies in China. This 100-day review requires direct-selling companies to conduct a self-assessment of the regulatory compliance of their business and to provide information to the government regarding the same. The 100-day review will also entail a review of a company's regulatory compliance by various departments of the Chinese government. During this review period, the Chinese government has, among other things, (i) instructed direct selling companies to not hold large distributor meetings, and (ii) suspended its application review process for direct sales licenses and authorizations.

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