

# FORM 4

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

OMB APPROVAL	
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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 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person * Stambaugh Rick			2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director _____ 10% Owner _____ <input checked="" type="checkbox"/> Officer (give title below) _____ Chief Information Officer		
(Last) 3838 W PARKWAY BLVD	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 11/09/2015			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
(Street) SALT LAKE CITY, UT 84120			4. If Amendment, Date Original Filed (Month/Day/Year)					
(City)	(State)	(Zip)	<b>Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned</b>					

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	11/09/2015		M		1,000 (1)	A	\$ 45.91	1,000	D	
Common Stock	11/09/2015		S		1,000	D	\$ 135	0	D	
Common Stock	11/09/2015		M		2,053 (1)	A	\$ 45.91	2,053	D	
Common Stock	11/09/2015		S		2,053	D	\$ 130.2384 (2)	0	D	
Common Stock	11/10/2015		M		200 (1)	A	\$ 45.91	200	D	
Common Stock	11/10/2015		S		200	D	\$ 130	0	D	

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

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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 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. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
						Date Exercisable	Expiration Date						Title
Stock-Settled Stock Appreciations Rights	\$ 45.91	11/09/2015		M	1,516	10/22/2017	04/22/2018	Common Stock	1,516	\$ 45.91	13,484	D	
Stock-Settled Stock Appreciations Rights	\$ 45.91	11/09/2015		M	3,174	10/22/2017	04/22/2018	Common Stock	3,174	\$ 45.91	10,310	D	
Stock-Settled Stock Appreciations Rights	\$ 45.91	11/10/2015		M	310	10/22/2017	04/22/2018	Common Stock	310	\$ 45.91	10,000	D	

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Stambaugh Rick 3838 W PARKWAY BLVD SALT LAKE CITY, UT 84120			Chief Information Officer	

## Signatures

James Bramble, as attorney in fact.		11/11/2015
 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 the reporting person's settlement of the stock-settled stock appreciation rights disclosed in Table II.

(2) Weighted average price. Price range in multiple transactions was \$130.00 to \$130.51, inclusive. The reporting person undertakes to provide USANA Health Sciences, Inc., any security holder thereof or the staff at the Securities and Exchange Commission information regarding the number of shares sold at each price within the ranges set forth.

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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