

# 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 * Brown Jim			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 Operations Officer		
(Last) 3838 WEST PARKWAY BLVD.	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 08/15/2016			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	08/15/2016		M		1,513 (1)	A	\$ 57.62	1,513	D	
Common Stock	08/15/2016		S		1,513	D	\$ 132.016 (2)	0	D	
Common Stock	08/15/2016		M		3,787 (1)	A	\$ 57.62	3,787	D	
Common Stock	08/15/2016		S		3,787	D	\$ 131.7503 (3)	0	D	
Common Stock	08/16/2016		M		3,804	A	\$ 57.62	3,804	D	
Common Stock	08/16/2016		S		3,804	D	\$ 130.7053 (4)	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)
				Code	V		Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Stock Settled Stock Appreciation Rights	\$ 57.62	08/15/2016		M		2,686	08/15/2016	03/15/2018	Common Stock	2,686	\$ 0	29,814	D	
Stock Settled Stock Appreciation Rights	\$ 57.62	08/15/2016		M		6,731	08/15/2016	03/15/2018	Common Stock	6,731	\$ 0	23,083	D	
Stock Settled Stock Appreciation Rights	\$ 57.62	08/16/2016		M		6,833	08/15/2016	03/15/2018	Common Stock	6,833	\$ 0	16,250	D	

## Reporting Owners

Reporting Owner Name / Address	Relationships

	Director	10% Owner	Officer	Other
Brown Jim 3838 WEST PARKWAY BLVD. SALT LAKE CITY, UT 84120			Chief Operations Officer	

## Signatures

Jim Brown		08/17/2016
<small>Signature of Reporting Person</small>		<small>Date</small>

## 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 disclosed in Table-II
- (2) Weighted average price \$132.0160. Price range in multiple transactions was \$132 to \$132.075 inclusively.
- (3) Weighted average price \$131.7503. Price range in multiple transactions was \$131.75 to \$131.76 inclusively.
- (4) Weighted average price \$130.7053. Price range in multiple transactions was \$130.34 to \$131.215 inclusively.

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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