

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

(Print or Type Responses)

1. Name and Address of Reporting Person * Foukas Joshua  (Last) (First) (Middle) 3838 WEST PARKWAY BLVD.  (Street) SALT LAKE CITY 84120  (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) 07/24/2018	3. Issuer Name <b>and</b> Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]	
		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) Chief Legal Officer	5. If Amendment, Date Original Filed(Month/Day/Year)
		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	

**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	306	D	

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

SEC 1473 (7-02)

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**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 (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
Stock - Settles Stock Appreciation Right	09/01/2017 <sup>(1)</sup>	03/01/2020	Common Stock	30,000	\$ 70.745	D	
Restricted Stock Units	<sup>(2)</sup>	<sup>(2)</sup>	Common Stock	1,293 <sup>(6)</sup>	\$ 0	D	
Restricted Stock Units	<sup>(3)</sup>	<sup>(3)</sup>	Common Stock	1,261 <sup>(6)</sup>	\$ 0	D	
Restricted Stock Units	<sup>(4)</sup>	<sup>(4)</sup>	Common Stock	2,892 <sup>(6)</sup>	\$ 0	D	
Restricted Stock Units	<sup>(5)</sup>	<sup>(5)</sup>	Common Stock	1,726 <sup>(6)</sup>	\$ 0	D	

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Foukas Joshua				

3838 WEST PARKWAY BLVD. SALT LAKE CITY 84120		Chief Legal Officer	
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## Signatures

Joshua Foukas		08/03/2018
<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 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 40% 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) On May 1st, 2017, the reporting person was granted 1,723 restricted stock units, vesting at 25% on each 6th of February thereafter.
- (3) On October 23rd, 2017, the reporting person was granted 1,261 restricted stock units, vesting at 25% on the anniversary of the grant date.
- (4) On February 5th, 2018, the reporting person was granted 2,892 restricted stock units, vesting at 25% on the anniversary of the grant date.
- (5) On July 23rd, 2018, the reporting person was granted 1,726 restricted stock units, vesting at 25% on the anniversary of the grant date.
- (6) Each restricted stock unit represents a contingent right to receive one share of USNA common stock.

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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