# FORM 4

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

OMB APPRO	OVAL
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nours per response.	0.5

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 Typ	e Responses	)													
1. Name and Address of Reporting Person *- Noot Walter				2. Issuer Name <b>and</b> Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
				3. Date of Earliest Transaction (Month/Day/Year) 02/05/2018							X_ Officer (give title below) Other (specify below)  Chief Information Officer				
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)						6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person						
SALT LA		(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, o							. 0				
1.Title of Security (Instr. 3)  2. Transaction Date (Month/Day/Year  Reminder: Report on a separate line for each class of security			Execution Date, if Code (Instr. 8) (Instr. 3, 4 and 5) (Month/Day/Year) Code V Amount (D) Price ties beneficially owned directly or indirectly.			of (D) Be Re (In Price	D) Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)			wnership orm: Berect (D) Condinect (Indirect (Instr. 4)	eneficial wnership				
				Derivative S			red, Di	sposed	of, or Be	neficially (		control nu	mber.		
1. Title of	2.	3. Transaction	3A. Deemed	4.		5. Number				7. Title an	d	8. Price of	9. Number of	10.	11. Natu
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	Date (Month/Day/Ye	Execution Date any (Month/Day/Yo	Code	) S (	of Derivative Securities Acquired A) or Disposed of (D) Instr. 3, 4, and 5)		spiratior h/Day/Y		Amount o Underlyin Securities (Instr. 3 and	g	(Instr. 5)	Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Form of Derivative Security: Direct (D) or Indirect	
							Date	Е	xpiration		Amount				

Exercisable Date

<u>(2)</u>

Shares

5,634

\$ 0

8,159

D

Common

Stock

<u>(2)</u>

(D)

(A)

5,634

Code

A

## **Reporting Owners**

<u>(1)</u>

Barratina Comman Nama / Addussa	Relationships							
Reporting Owner Name / Address	Director	10% Owner	Officer	Other				
Noot Walter 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120			Chief Information Officer					

### **Signatures**

Restricted

Stock

Units

James Bramble, as attorney in fact.	02/07/2018
**Signature of Reporting Person	Date

02/05/2018

### **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) Each restricted stock unit represents a contingent right to receive one share of USNA common stock.
- (2) Restricted Stock Units vest 25% on the anniversary of February 5th, 2018.

 $Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, \textit{see} \ Instruction 6 for procedure.$ 

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.