<b>FORM</b>	4
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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).

(Print or Type Responses)

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

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response... 0.5

### 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

(I Thit of Type Responses)									1			
1. Name and Address of R Jones Paul A.	2. Issuer Name <b>an</b> USANA HEALT			<b>·</b> ·		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner						
3838 WEST PARKW	(First) AY BLVD.		3. Date of Earliest 7 02/05/2018	ransaction	(Mor	nth/Day/Y	ear)	X_Officer (give title below) Other (specify below) Chief Leadership Devlop Office				
(Street) 4. If Amendment, Date Original Filed(Month/Day/Year) SALT LAKE CITY, UT 84120							6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
1.Title of Security (Instr. 3)			Execution Date, if	Code		(A) or Disposed of (D)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	Ownership of Indi Form: Benefi	7. Nature of Indirect Beneficial	
			(Month/Day/Year)	Code	v	Amount	(A) or (D)	Price		Direct (D) or Indirect (I) (Instr. 4)		

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

Persons who respond to the collection of information SEC 1474 (9-02) contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)															
1. Title of	2.	3. Transaction	3A. Deemed	4.		5. Num	ber	6. Date Exer	rcisable	7. Title and		8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transact	ion	of		and Expirati	on Date	Amount of		Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		Derivat	tive	(Month/Day	/Year)	Underlying		Security	Securities	Form of	Beneficial
· · · ·	Price of		(Month/Day/Year)	(Instr. 8)		Securit				Securities		· /		Derivative	-
	Derivative					Acquir	ed			(Instr. 3 and	14)				(Instr. 4)
	Security					1 / J	(A) or					0	Direct (D)		
							Disposed					1	or Indirect		
						of (D)						Transaction(s) (Instr. 4)			
						and 5)	(Instr. 3, 4, and 5)					(IIIstr. 4)	(Instr. 4)		
						and 5)									
											Amount				
								Date	Expiration	Title	or Number				
								Exercisable	Date		of				
				Code	v	(A)	(D)				Shares				
Restricted					_	,	(.)								
		02/05/2019				4 9 5 0		(2)	(2)	Common	4.950	¢ 0	7.057	D	
Stock	<u>(1)</u>	02/05/2018		А		4,859		12)	<u>12</u>	Stock	4,859	\$ 0	7,057	D	
Units															

## **Reporting Owners**

Demostine Ormen Name (Address	Relationships								
Reporting Owner Name / Address	Director	10% Owner	Officer	Other					
Jones Paul A. 3838 WEST PARKWAY BLVD. SALT LAKE CITY, UT 84120			Chief Leadership Devlop Office						

### Signatures

James Bramble, as attorney in fact. 02/07/2018 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).

(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, 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.