| FORM | 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). |

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

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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

| (Fint of Type Responses) | | | | | | | | | | | |
|---------------------------------------|--|--|--|------------|---------------------------|------------|---|--|----------------------------|----------------------------------|------------|
| · · · · · · · · · · · · · · · · · · · | | | 2. Issuer Name an USANA HEALT | | | · · | | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner | | | |
| 20 RIDGE RD | (First) | | 3. Date of Earliest Transaction (Month/Day/Year) 07/25/2018 | | | | | | Officer (give title below) | Other (specify bel | low) |
| WARREN, NJ 07059 | 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 | | | | |
| (City) | (State) | (Zip) | Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | |
| 1.Title of Security (Instr. 3) | | 2. Transaction Date (Month/Day/Year) | Execution Date, if | (Instr. 8) | (A) or Disposed of (D) | | of | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | | Beneficial Ownership | |
| | | | | Code | v | Amount | (A) or (D) | Price | | or Indirect (I) (Instr. 4) | (Instr. 4) |
| Common Stock | | 07/25/2018 | | М | | 282 | А | (1) | 282 | D | |

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) | | | | | | | | | | | | | | |
|--|---|--|---|---|--|--|---|---|---|--|---|---|---|--|
| 2. | 3. Transaction | 3A. Deemed | 4. | | 5. Nu | ımber | 6. Date Exer | cisable | 7. Title and | | 8. Price of | 9. Number of | 10. | 11. Nature |
| Conversion | Date | Execution Date, if | Transact | ion | of | | and Expirati | on Date | Amount of | | Derivative | Derivative | Ownership | of Indirect |
| or Exercise | (Month/Day/Year) | any | Code | | Deriv | vative | (Month/Day | /Year) | Underlying | | Security | Securities | Form of | Beneficial |
| Price of | | (Month/Day/Year) | (Instr. 8) | | Secu | rities | | | Securities | | (Instr. 5) | Beneficially | Derivative | Ownership |
| Derivative | | | | | - | | | | (Instr. 3 and | d 4) | | | 2 | (Instr. 4) |
| Security | | | | | | | | | | | | 0 | · · · | |
| | | | | | | | | | | | | 1 | | |
| | | | | | | | | | | | | | · / | |
| | | | | | | | | | | | | (Instr. 4) | (Instr. 4) | |
| | | | | | 4, an | a 5) | | | | | | | | |
| | | | | | | | | | | Amount | | | | |
| | | | | | | | Date | Expiration | | - | | | | |
| | | | | | | | Exercisable | Date | | | | | | |
| | | | Cele | N 7 | (1) | | | | | - | | | | |
| | | | Code | v | (A) | (D) | | | | Snares | | | | |
| | | | | | | | | | Common | | | | | |
| <u>(1)</u> | 07/25/2018 | | Μ | | | 282 | <u>(2)</u> | <u>(2)</u> | | 282 | \$ 0 | 846 | D | |
| | | | | | | | | | SLOCK | | | | | |
| C F I | Conversion or Exercise Price of Derivative Security | Conversion Date r Exercise (Month/Day/Year) Price of Derivative Security | 2. 3. Transaction Conversion Date Price of Derivative Security | 2. 3. Transaction 3A. Deemed 4. Conversion Date 4. Price of Derivative Security Code (Instr. 8) | 2. 3. Transaction Date 3. Deemed 4. Execution Date 4. Execution Date (Month/Day/Year) 0. Code (Instr. 8) 0. Code 1. Co | 2. 3. Transaction Conversion Price of Derivative Security 2. 3. Transaction Date (Month/Day/Year) 3. Deemed Execution Date, if (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) Code (Instr. 8) Disp of (D (Instr. 4, an Code V (A) | 2. 3. Transaction Date 3. Transaction Date 3. Deemed 4. 5. Number Execution Date, if 4. 5. Number Conversion Date (Month/Day/Year) (Month/Day/Year) 4. 5. Number Execution Date, if 5. Number Code 0. Derivative Securities Acquired (A) or 0. 0. 0. 0. 0. 0. 0. 0. 0. 0. 0. 0. 0. | 2. 3. Transaction Date Price of Derivative Security 2. 3. Transaction Date (Month/Day/Year) 3. Deemed Execution Date, if any (Month/Day/Year) 3. Deemed Execution Date, if any (Month/Day/Year) 3. Deemed Execution Date, if any (Month/Day/Year) 3. Number 6. Date Exer and Expirati Code (Instr. 8) 3. Number 6. Date Exer and Expirati Derivative (Month/Day (A) or Disposed of (D) (Instr. 3, 4, and 5) 2. Number 6. Date Exer and Expirati Derivative (Month/Day Code V (A) (D) Date Exercisable | 2. 3. Transaction 3A. Deemed 4. 5. Number 6. Date Exercisable Conversion Date Execution Date, if Transaction Of Date and Expiration Date Price of Oprivative (Month/Day/Year) (Month/Day/Year) (Instr. 8) Securities Acquired Security (Month/Day/Year) (Month/Day/Year) (Instr. 8) Derivative Securities Security Code (Instr. 8) Derivative Date Expiration Derivative Code V (A) or Disposed of (D) (Instr. 3, 4, and 5) Date Expiration Date Expiration | 2. 3. Transaction Date 3A. Deemed 4. 5. Number 6. Date Exercisable and Expiration Date 7. Title and Amount of Underlying Conversion Price of Derivative Security (Month/Day/Year) 3A. Deemed 4. 5. Number 6. Date Exercisable and Expiration Date (Month/Day/Year) 7. Title and Amount of Underlying Security (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) (Month/Day/Year) Title | 2. 3. Transaction 3A. Deemed 4. 5. Number 6. Date Exercisable and Expiration Date of Underlying Securities (Month/Day/Year) 7. Title and Amount of Underlying Securities (Instr. 8) Security (Month/Day/Year) (Month/Day/Year) (Instr. 8) 5. Number for Date of Operivative Securities (Instr. 3, 4, and 5) 7. Title and Amount of Underlying Securities (Instr. 3, 4, and 5) (1) 07/25/2018 M 282 (2) (2) Common 282 | 2. 3. Transaction 3A. Deemed 4. 5. Number 6. Date Exercisable 7. Title and 8. Price of Conversion Date Execution Date, if Transaction Code 0f and Expiration Date 7. Title and Amount of Derivative Security (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) Securities Acquired (A) or Disposed (Instr. 3, 4, and 5) (Instr. 3, 4, and 5) Amount or Number Amount or Number Shares (1) 07/25/2018 M 282 (2) (2) Common 282 \$0 | 2. 3. Transaction 3A. Deemed 5. Number 6. Date Exercisable and Expiration Date in the perivative of many (Month/Day/Year) 7. Title and Amount of Underlying Securities (Instr. 5) 8. Price of Perivative Securities (Instr. 5) 9. Number of Derivative Securities (Instr. 3) Security (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 7. Title and Amount of Underlying Securities (Instr. 5) 8. Price of Perivative Securities (Instr. 5) 9. Number of Derivative Securities (Instr. 5) Security (Month/Day/Year) (Month/Day/Year) 0. Date Exercisable and Expiration Date (A) or Disposed of (D) (Instr. 3, 4, and 5) 7. Title and Amount of Underlying Securities (Instr. 4) 8. Price of Perivative Securities (Instr. 4) (I) 07/25/2018 M 282 (2) (2) Common 282 \$ 0 8.46 | 2. 3. Transaction 3A. Deemed 5. Number 6. Date Exercisable and Expiration Date (Month/Day/Year) 7. Title and Amount of Underlying Securities (Month/Day/Year) 8. Price of 9. Number of Derivative Securities (Month/Day/Year) Security (Month/Day/Year) (Month/Day/Year) 6. Date Exercisable and Expiration Date (Instr. 8) 7. Title and Amount of Underlying Securities (Instr. 3) 8. Price of 9. Number of Derivative Securities (Instr. 5) Security (Month/Day/Year) (Month/Day/Year) 6. Date Exercisable and Expiration Date (Month/Day/Year) 7. Title and Amount of Underlying Securities (Instr. 5) 8. Price of 9. Number of Derivative Security Security (Month/Day/Year) (Instr. 8) (Instr. 3) 0 0 0 Security (Instr. 3, 4, and 5) 0 0 0 0 0 0 (I) 07/25/2018 M 282 (2) (2) Common 282 5.0 846 D |

Reporting Owners

| | Relationships | | | | | | |
|--------------------------------|---------------|-----------|---------|-------|--|--|--|
| Reporting Owner Name / Address | Director | 10% Owner | Officer | Other | | | |
| Peng Feng | | | | | | | |
| 20 RIDGE RD | Х | | | | | | |
| WARREN, NJ 07059 | | | | | | | |

Signatures

| James Bramble, as attorney in fact. | 07/27/2018 |
|-------------------------------------|------------|
| **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).

(1) Each restricted stock unit represents a contingent right to receive one share of USNA common stock.

(2) Restricted Stock Units granted on 4/23/2018 vest 25% per quarter.

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.