# FORM 4

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

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

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

esponses)																			
1. Name and Address of Reporting Person * SINNOTT ROBERT A				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						
(Last) (First) (Middle) 3838 WEST PARKWAY BLVD					3. Date of Earliest Transaction (Month/Day/Year) 08/16/2021								X Officer (give title below) Other (specify below)  Chief Scientific Officer						
(Street) SALT LAKE CITY, UT 84120					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 Acqui									lired, Disposed of, or Beneficially Owned					
1.Title of Security (Instr. 3)			r) any				ction	•			Owned Transac	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)			6. Ownership Form:	7. Nature of Indirect Beneficial Ownership			
					Code	V	Amou	(A) or nt (D)	Prio	Ì	,		O: (1	Indirect	(Instr. 4)				
Common Stock 08/1						M		1,648 (1)	A	\$ 65.4	1,648	1,648		Г	)				
common Stock					S		1,648	B D	\$ 95.0 (2)	04 0			Г	)					
Common Stock 08/17/2021					M		7,492 (1)	2 A	\$ 65.4	7,492			Г	)					
Common Stock 08/17/2021							S		7,492	2 D	\$ 94	0			Γ	)			
rt on a separa	te line for each cla		- Deriva	tive	Sec	urit	ies Acquir	Perso this fo curre	orm ar ntly va	e not realid OME	quire 3 cont neficia	d to respon trol numbe ally Owned	nd unles			n SEC	1474 (9-02)		
		) any	if Transaction of I Code ar) (Instr. 8) Sec or I of (In		5. Nof Dof Dof Carlo	umber erivative irities (uired (A) isposed D) r. 3, 4,	6. Date Exercisable and Expiration Date			of Underlying			Derivative Securities Beneficially Owned Following Reported	Ownership of Form of Derivative (Security: Direct (D) or Indirect	Beneficial Ownersh (Instr. 4)				
			Cod	le	V	(A)					on	Title	Amount or Number of Shares		(Instr. 4)	(Instr. 4	)		
\$ 65.48	08/16/2021		М				5,304	08/16/	2021	03/16/2	2022	Common Stock	5,304	\$ 0	24,696	D			
	08/17/2021		М				24 606 (					Common	24.606	\$ 0	0	D			
	ck ck ck ck ck cck cck cck cck ccc ccc	ck ck ck ck ct ct conversion or Exercise Price of Derivative Security  \$ 65.48	dress of Reporting Person OBERT A  (First) (Middle)  PARKWAY BLVD (Street)  CCITY, UT 84120 (State)  2. Transaction Date (Month/Day/Year)  ck 08/16/2021  ck 08/17/2021  ck 08/17/2021  rt on a separate line for each class of securities bendered any (Month/Day/Year)  2. Table II  3. Transaction Date (Month/Day/Year) Price of Derivative Security  \$ 65.48	dress of Reporting Person 2. Issue USAN.  (First) (Middle) 3. Date of 08/16/20 4. If Am USAN.  (Street) 4. If Am USAN.  (CITY, UT 84120 (Zip)	dress of Reporting Person* OBERT A  (First) (PARKWAY BLVD (Street) (Street) (State)  (State)  (Zip)  (State)  (Zip)  (State)  (Zip)  (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (A Deema Execution any (Month/Day/Year)  (Code  \$ 65.48   08/16/2021   M	dress of Reporting Person—OBERT A USANA HEAP (Park WAY BLVD (Street) USANA HEAP (Middle) 3. Date of Earlier (08/16/2021 4. If Amendment (Street) 4. If Amendment (Month/Day/Year) (Month/Day/Year) (State) (Zip)  ty 2. Transaction Date (Month/Day/Year) (Month/Day/	dress of Reporting Person DERT A  OBERT A  (First) (PARKWAY BLVD  (Street) (Street) (Street) (State)  (State)  (State)  (State)  (State)  (State)  (State)  (State)  (State)  (Zip)  (State)  (Zip)  (Month/Day/Year)  (Month/Day/Year)  (A. Deemed Execution Date, if any (Month/Day/Year)  (Month/Day/Year)  (Ck  (Barry Month/Day/Year)  (Ck  (Barry Month/Day/Year)  (Ck  (Barry Month/Day/Year)  (Code (Month/Day/Year)  (Code (Month/Day/Year)  (Code (V) (A))  (Code (V) (A))	2. Issuer Name and Ticker of USANA HEALTH SCIENT (First)	Code   V   Ck   O8/16/2021   S   Cck   O8/17/2021   S   O8/17/2021   O8/17/2021   O8/17/2021   O8/17/2021   O8/17/2021   O8/17/2021   O8/17/2021   O8/17/2	2. Issuer Name and Ticker or Trading Symbol	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA PARKWAY BLVD   08/16/2021   4. If Amendment, Date Original Filed(Month/Day/Year) 08/16/2021   4. If Amendment, Date Original Filed(Month/Day/Year) 08/16/2021   5. CITY, UT 84120   7. Table 1 - Non-Derivative Security   7. Table 1 - Derivative Security   7. Table 1 - Non-Derivative Security	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]   5. Relation (First)	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]   5. Relationship of Director (USNA)   1. One of Earliest Transaction (Month/Day/Year)   2. Transaction Date (Date (Month/Day/Year)   2. Transaction Date (Month/Day/Year)   2. Transaction Date (Month/Day/Year)   2. Transaction Date (Month/Day/Year)   2. Transaction Date (Month/Day/Year)   3. Transaction (Month/Day/Year)   4. Securities Acquired (Month/Day/Year)   4. Securities Acquired (Month/Day/Year)   6. A	2. Issuer Name and Ticker or Trading Symbol (Sheet)   5. Relationship of Reporting (Check Director (Part))   7. Officer (piese tile below)   1. Officer (pie	2.	2		

#### **Reporting Owners**

		Relationships								
	Reporting Owner Name / Address	Director	10% Owner	Officer	Other					
3	SINNOTT ROBERT A 8838 WEST PARKWAY BLVD 8ALT LAKE CITY, UT 84120			Chief Scientific Officer						

### **Signatures**

## **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 the reporting persons settlement of the stock-settled stock appreciation rights disclosed in Table II.
- (2) Weighted average price \$95.04 Price range in multiple transactions was \$95.02 to \$95.05 inclusively.

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.