FORM 4

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

OMB APPROVAL
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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

1. Name and Address of Reporting Person * Foukas Joshua				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					
(Last) (First) (Middle) 3838 WEST PARKWAY BLVD.				3. Date of Earliest Transaction (Month/Day/Year) 02/03/2022							X Officer (give title below) Other (specify below) Chief Legal Officer					
(Street) SALT LAKE CITY 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 PersonForm 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)	2A. Deemed Execution Date, if any (Month/Day/Year)		, if	3. Transa Code (Instr. 8)		(A) or Dispose (Instr. 3, 4 and		of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		owing	Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
							Code	V	Amou	nt (A) or (D)	Price				I) Instr. 4)	
Common S	Stock		02/03/2022				M		2,188	A	<u>(1)</u>	2,188])	
Common S	Stock		02/03/2022				F		927	D	\$ 93.82	1,261		1)	
Common S	Stock		02/04/2022				M		1,154	A	<u>(1)</u>	2,415])	
Common S	Stock		02/04/2022				F		489	D	\$ 92.32	1,926])	
Common S	Stock		02/05/2022				M		723	A		2,649		1)	
Common S	Stock		02/05/2022				F		307	D	\$ 92.32	2,342		1)	
Reminder: Re	eport on a seg	parate line for eac	n class of securities	s beneficially	y owr	ned d	lirectly o	Pers conta	ons whained i	n this fo	rm are n	ot required		nd unless th		1474 (9-02)
Reminder: Re	eport on a se	parate line for eac	Table II -	Derivative	Secu	ritie	es Acquir	Persontal form	ons whained i	n this fo lys a cur of, or Bei	rm are n rently va	ot required alid OMB c		nd unless th		1474 (9-02)
1. Title of Derivative Security (Instr. 3)	2.	3. Transaction Date (Month/Day/Yea	Table II - 3A. Deemed Execution Date	Derivative (e.g., puts, of 4. , if Transac Code	Secucalls, etion	5. Nof Derri Sector Acquisition of (I	es Acquirrants, of fumber livative curities quired or coosed D) tr. 3, 4,	Persontal form red, Dispersions, 6. Date and Ex	ons whained i	n this fo tys a cur of, or Ber tible secu	rm are n rently va neficially prities)	ot required alid OMB c Owned and Amount clying	d to respond ontrol numbers 8. Price of	nd unless th	f 10. Owners Form o Derivat Security Direct (or Indir	11. Nation of Indirection of Seneric University: (Instr. 4)
1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative	3. Transaction Date	Table II - 3A. Deemed Execution Date any	Derivative (e.g., puts, of 4. , if Transac Code	Seculs, etion	5. Nof Deri Section Acq (A) Dispos of (I (Ins.)	es Acquirrants, o fumber ivative urities uired or cosed D) tr. 3, 4, 5)	Persiconta form red, Diptions, 6. Date and Ex (Month)	ons what ained in display sposed converted Exercity converted to the conve	n this fo pys a cur of, or Ber tible secu isable 1 Date (ear)	rm are n rently va neficially rrities) 7. Title a of Unde Securitie (Instr. 3	ot required alid OMB c Owned and Amount clying	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(f 10. Owners Form o Derivat Security Direct (or Indir	11. Nation of Indirection of Seneric University: (Instr. 4)
1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative	3. Transaction Date	Table II - 3A. Deemed Execution Date any	Derivative (e.g., puts, of 4. Transac Code (Instr. 8	Seculs, etion	5. N of Deri Sect Acq (A) Disp of (I (Instant)	es Acquirrants, o fumber ivative urities uired or cosed D) tr. 3, 4, 5)	Persiconta form red, Di ptions, 6. Data and Ex (Montil	ons whained in displate sposed conver e Exercitation h/Day/Y	n this fo pys a cur of, or Ber tible secu isable 1 Date (ear)	rm are n rently va neficially rities) 7. Title a of Under Securitie (Instr. 3	or required alid OMB coomed and Amount alying and 4) Amount or Number of Shares	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(f 10. Owners Form o Derivat Security Direct (or Indir	11. Nation of Indirection of Seneric University: (Instr. 4)
1. Title of Derivative Security (Instr. 3) Restricted Stock	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Yea	Table II - 3A. Deemed Execution Date any	Derivative (e.g., puts, o 4, , if Transac Code ear) (Instr. 8	Seculs, etion	5. N of Deri Sect Acq (A) Disp of (I (Instant)	rants, of fumber livative urities uired or coosed D) tr. 3, 4, 5)	Persiconta form form 6. Date Can de Exerci	ons what ained in display sposed conver to Exercic spiration h/Day/Y	n this fo pys a cur of, or Ber tible secusisable n Date Vear)	rm are nrently varieties) 7. Title a of Under Securities (Instr. 3	or required and Amount clying is and 4) Amount or Number of Shares On 2,188	8. Price of Derivative Security (Instr. 5)	9. Number o Derivative Securities Beneficially Owned Following Reported Transaction((Instr. 4)	f 10. Owners Form o Derivat Securit; Direct (or Indir s) (I) (Instr. 4	11. Nation of Indirection of Seneric University: (Instr. 4)

Relationships

Reporting Owner Name / Address

	Director	10% Owner	Officer	Other	
Foukas Joshua 3838 WEST PARKWAY BLVD. SALT LAKE CITY 84120			Chief Legal Officer		

Signatures

Joshua Foukas	02/08/2022
***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 vest 25% on the anniversary of February 4th, 2019.
- (3) Restricted Stock Units vest 25% on the anniversary of February 5th, 2018.
- (4) Restricted Stock Units vest 25% on the anniversary of February 3rd, 2020.

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.