### 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

(11mt of Type	responses															
1. Name and Address of Reporting Person * IIEKKING G DOUG			2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director10% Owner						
(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)  CFO					
(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 PersonForm filed by More than One Reporting Person					
(City)					Table I - Non-Derivative Securities Acqu						es Acquir	uired, Disposed of, or Beneficially Owned				
(Instr. 3) Date		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)		if (	3. Transa Code (Instr. 8)		4. Securities Acc (A) or Disposed (Instr. 3, 4 and 5)		of (D)	Beneficially	ount of Securities cially Owned Following ted Transaction(s) 3 and 4)		6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
							Code		Amount	t (Ď)	Price				(Instr. 4)	
Common S	Stock		02/03/2022				M		3,048	A	(1)	4,448			D	
Common Stock			02/03/2022				F		1,962	D	\$ 93.82	2,486		D		
Common S	Stock		02/04/2022				M		1,366	A	<u>(1)</u>	3,852		D		
Common Stock 0		02/04/2022				F		880	D	\$ 92.32	2,972			D		
Common Stock 02/05/20		02/05/2022				M		1,473	A	<u>(1)</u>	4,445			D		
	Common Stock		02/05/2022				F		948	D	\$ 92.32	3,497			D	
		parate line for eac	h class of securities	beneficially	y own	ned d	lirectly o	-	•	o respo		collection	of inform	ation	SEC	1474 (9-02)
		parate line for eac		beneficially  Derivative				Perso conta form	ons who ined in display	this for	nd to the rm are n rently va	ilid OMB co	l to respon	nd unless th		1474 (9-02)
Reminder: Re  1. Title of Derivative Security (Instr. 3)		3. Transaction	Table II -  3A. Deemed Execution Date	Derivative (e.g., puts, of the definition of the	Securcalls,	rities war 5. No of Deri Secu Acqu (A) o Disp	s Acquinrants, on umber vative urities uired or sossed D)	Perso conta form of red, Dis ptions, of 6. Date and Exp	ons who ined in display posed o	this for s a current of the securate of the se	nd to the rm are n rently va	ot required alid OMB co Owned and Amount alying s	8. Price of	nd unless th	f 10. Owners Form o Derivat Security Direct ( or Indir	11. Natu of Indir Benefic Owners 7: (Instr. 4
Reminder: Re  1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative	3. Transaction	Table II -  3A. Deemed Execution Date any any	Derivative (e.g., puts, of the definition of the	Securcalls,	rities war 5. No of Deri Secu Acqu (A) ( Disp of (I (Inst	s Acquirants, o umber vative urities uired or cosed O) (r. 3, 4, 5)	Persocontal form of the contant of t	ons who ined in display posed o converti Exercise biration /Day/Ye	this for sea current of the securable Date ear)	nd to the rm are n rently valueficially rities) 7. Title a of Under Securitie	ot required alid OMB co Owned and Amount alying s	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction	f 10. Owners Form o Derivat Security Direct ( or Indir s) (I)	11. Natu of Indir Benefic Owners 7: (Instr. 4
Reminder: Re  1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative	3. Transaction	Table II -  3A. Deemed Execution Date any any	Derivative (e.g., puts, of 4. Transac Code (Instr. 8	Seculs, tition	rities war 5. No of Deri Secu Acqu (A) of Disp of (I (Inst and :	s Acquirrants, o umber vative urities uired or sosed D) r. r. 3, 4, 5)	Persocontal form of the contant of t	posed of converting the converting the converting the convertion of the converting the convertin	this for sea current of the securable Date ear)	nd to the rm are n rently va meficially rities) 7. Title a of Under Securitie (Instr. 3	ot required collid OMB	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction	f 10. Owners Form o Derivat Security Direct ( or Indir s) (I)	11. Natu of Indir Benefic Owners 7: (Instr. 4
Reminder: Re  1. Title of Derivative Security (Instr. 3)  Restricted Stock	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Ye	Table II -  3A. Deemed Execution Date any any	Derivative (e.g., puts, d 4. Transac Code (Instr. 8	Seculs, tition	rities war 5. No of Deri Secu Acqu (A) of Disp of (I (Inst and :	s Acquir rants, o umber vative urities uired or oosed D) x. 3, 4, 5)	Persocontal form of the contant of t	posed of converting Exercises of the converting Exercises	this for sea curif, or Ben ible securable Date ear)	nd to the rm are n rently va reficially rities) 7. Title a of Under Securitie (Instr. 3	or required collid OMB	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	f 10. Owners Form o Derivat Security Direct ( or Indir s) (I) (Instr. 4	11. Natu of Indir Benefic Owners 7: (Instr. 4

## **Reporting Owners**

	Relationships
Reporting Owner Name / Address	

	Director	10% Owner	Officer	Other
IIEKKING G DOUG 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120			CFO	

#### **Signatures**

Josh Foukas, as attorney in fact.	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.