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

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

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

e Responses)																
Name and Address of Reporting Person* Noot Walter				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) 02/07/2022							X Officer (give title below) Other (specify below) Chief Operating Officer					
(Street)			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					
KE CITY,	(State)	(Zip)							6 11		1.51	1 C D	e	•		
**		-	las p	1							•				7.31.4	
1.Title of Security (Instr. 3)		Date	Execution Date, if		ate, if	Code (Instr. 8)		(A) or Disposed of (D) (Instr. 3, 4 and 5)		of (D)	Owned Following Reported Transaction(s)		ed (Ownership Form:	7. Nature of Indirect Beneficial Ownership	
					Code	V	Amou	(A) or (D)	Price	nisu. 3 and 4)			r Indirect I)	(Instr. 4)		
Stock		02/08/2022				M		1,775	5 A	<u>(1)</u> 4	4,601])		
Stock		02/08/2022				F		752	D	\$ 94.3	3,849])		
						s Acquire	displ	lays a o	of, or Bene	valid ON	MB control		e torm			
2. Conversion or Exercise Price of Derivative Security		any	if Transaction Deri Code Secu (Instr. 8) Acq or D (D)		Deriv Secur Acqui or Dis (D) (Instr	ivative arurities (Misposed of		and Expiration Date		7. Title and Amount of Underlying Securities (Instr. 3 and 4)			Derivative Securities Beneficially Owned Following Reported	Owners Form of Derivati Security Direct (or Indirects)	Benefici Ownersh (Instr. 4)	
			Code	V	(A)	(D)			Expiration Date	Title	or		(Instr. 4)	(Instr. 4		
(1)	02/07/2022		A		6,82	2		(2)	<u>(2)</u>		16.827	\$ 0	19,746	D		
(1)	02/08/2022		М			1,775		(3)	<u>(3)</u>	Comm	1 1 775	\$ 0	17,971	D		
	Address of Fer ST PARKV KE CITY, Curity Stock Stock Eport on a sep 2. Conversion or Exercise Price of Derivative Security (1)	Address of Reporting Person* er (First) ST PARKWAY BLVD (Street) KE CITY, UT 84120 (State) Currity 2. Conversion or Exercise Price of Derivative Security (I) 02/07/2022	Address of Reporting Person er (First) (Middle) ST PARKWAY BLVD (Street) KE CITY, UT 84120 (State) (Zip) Curity 2. Transaction Date (Month/Day/Year) Stock 02/08/2022 Stock 02/08/2022 Eport on a separate line for each class of securities In the security of Date (Month/Day/Year) 2. Table II - 2. Conversion or Exercise Price of Derivative Security 3. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (II) 02/07/2022	Address of Reporting Person 2. Issuer USANA ST PARKWAY BLVD (Street) (Street) (State) (A If Americal State of Color Procession of Color Procession of Securities Deneficially (A. B. Deemed Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Instr. 8) (Code (I	Address of Reporting Person er USANA HI (First) (Street) (Street) (Street) (Street) (Street) (Street) (State) (And onth/Day/Year) (And	Address of Reporting Person 2 (First) (Street) (Street) (State) (Zip) (State) (Zip) (State) (Zip) (Street) (A. If Amendment, Date (Month/Day/Year) (Month/Day/Year) Stock (D2/08/2022 Stock (D2/08/2022 Stock (D2/08/2022 Stock (A. Deemed Execution Date, if any (Month/Day/Year)) (Month/Day/Year) (A. Deemed Execution Date, if any (Month/Day/Year)) (Month/Day/Year) (A. S. Nu Table II - Derivative Securities beneficially owned diagrams or Date (A. S. Nu Tansaction Date (A. S. Nu Tansaction Date (A. S. Nu Tansaction Date (Month/Day/Year)) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A. S. Nu Tansaction Date (Instr. 8) (Code (Instr. 8) (Code V (A) (II) (1) (1) (D2/07/2022 A 6,882	Address of Reporting Person er	Address of Reporting Person error (First) ST PARKWAY BLVD (Street) KE CITY, UT 84120 (State) (State) (State) (Zip) (Street) A. If Amendment, Date Original Filed KE CITY, UT 84120 (State) (Zip) (State) (Zip) Table I - Non-D Execution Date, if any (Month/Day/Year) (Month/Day/Year) (And the separate line for each class of securities beneficially owned directly or indirect (e.g., puts, calls, warrants, options, and cor Exercise (Instr. 8) Table II - Derivative Securities Acquired, Diate (Month/Day/Year) (Month/Day/Year)	Address of Reporting Person er Code V Amount Amo	Address of Reporting Person er 2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] TO PARKWAY BLVD (Street) (A. Decemed Execution Date, if Code (Instr. 3, 4 and 5) (A) or Oipsposed of (Instr. 3, 4 and 5) (A) or Oipsposed of (Instr. 3, 4 and 5) (A) or Oipsposed of (Instr. 3, 4 and 5) (A) or Oipsposed of (Instr. 3, 4 and 5) (Month/Day/Year) (Month/Day/Year	Address of Reporting Person* er 2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 02/07/2022 4. If Amendment, Date Original Filed@month/Day/Year) (State) (State) (State) 2. Transaction Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) 2. Transaction Date (A) or Disposed of (D) (Instr. 3, 4 and 5) (Instr. 8) (A) or (D) Price (Ce.g., puts, calls, warrants, options, convertible securities) 2. Transaction Date (Conversion Date (Month/Day/Year) (Month/Day/Year) A Date Derivative Securities (Month/Day/Year) (Month/Day/Year) (A) or Disposed of (D) (Instr. 3) (Code V (A) (D) (Month/Day/Year) (Code V (A) (D) Date Execution Date, if any (A) or Disposed of (D) (Instr. 3) (A) or Price of Derivative Securities Acquired, Acquired (A) or Disposed of (D) (Instr. 3) (Month/Day/Year) (Month/Day/Year) (Code V (A) (D) Date Exercisable Expiration Date (Month/Day/Year) Title Code V (A) (D) (D) Common Stoce (Common Stoce Common Stoce	Address of Reporting Person are Table 1 - Derivative Securities 2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] 3. Date of Earliest Transaction (Month/Day/Year) 02/07/2022 4. If Amendment, Date Original FiledMonth/Day/Year) (State) (State) (State) (Zip) (State) (A) or Disposed of (D) (Instr. 3, 4 and 5) (Instr. 3) (Instr. 3) (A) or Disposed of (D) (Instr. 3) (Month/Day/Year) (Month/Day/Year	Address of Reporting Person er er USANA HEALTH SCIENCES INC [USNA] (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Street) 4. If Amendment, Date Original FiledMonth/Day/Year) (Street) 4. If Amendment, Date Original FiledMonth/Day/Year) (Street) 2. Transaction Date (Month/Day/Year) (Month/D	Address of Reporting Persons* er 2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] (Pisst) (Pisst) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) (Street) (Street) 4. If Amendment, Date Original FiledoMonth/Day/Year) (State) (State) (State) (State) (State) (Zap) Table I - Non-Derivative Securities Acquired (A) or Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (Instr. 3, 4 and 5) (Instr. 3 and 4) (Instr. 3	Address of Reporting Person* er 2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA] (Park WAY BLVD (State) (State) (State) (State) (State) (State) (State) (Zep) Table I- Non-Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (Instr. 4) (Non-Frequently Symbol) (Instr. 4) (State) (State) (Zep) Table I- Non-Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 4) (Instr. 3) (Instr. 4) (Instr. 4) (Instr. 3) (Instr. 4) (Instr. 3) (Instr. 4) (In	

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Noot Walter							
3838 WEST PARKWAY BLVD			Chief Operating Officer				
SALT LAKE CITY, UT 84120							

Signatures

Joshua Foukas, as attorney in fact.	02/10/2022
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 8th, 2021.
- (3) On February 7th, 2022, the reporting person was granted restricted stock units, vesting at 25% on each 7th of February thereafter.

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.