

Neidig Brent  
Form 3  
May 01, 2019

**FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION**  
**Washington, D.C. 20549**

OMB APPROVAL

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**INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,  
Section 17(a) of the Public Utility Holding Company Act of 1935 or Section  
30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *		2. Date of Event Requiring Statement	3. Issuer Name <b>and</b> Ticker or Trading Symbol	
Â Neidig Brent		(Month/Day/Year)	USANA HEALTH SCIENCES INC [USNA]	
(Last)	(First)	(Middle)	04/29/2019	
3838 WEST PARKWAY BLVD.			4. Relationship of Reporting Person(s) to Issuer	5. If Amendment, Date Original Filed(Month/Day/Year)
(Street)			(Check all applicable)	
WEST VALLEY			<input type="checkbox"/> Director	<input type="checkbox"/> 10% Owner
CITY, Â UT Â 84120			<input checked="" type="checkbox"/> Officer	<input type="checkbox"/> Other
(City)	(State)	(Zip)	(give title below)	(specify below)
			CO & Man. Dir. of China	
			6. Individual or Joint/Group Filing(Check Applicable Line)	
			<input checked="" type="checkbox"/> Form filed by One Reporting Person	
			<input type="checkbox"/> Form filed by More than One Reporting Person	

**Table I - Non-Derivative Securities Beneficially Owned**

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	547	D	Â

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. SEC 1473 (7-02)

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

**Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)**

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of	

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				Shares		(I) (Instr. 5)	
Stock - Settles Stock Appreciation Right	11/03/2016 <sup>(1)</sup>	05/03/2020	Common Stock	25,000	\$ 65.255	D	^
Stock - Settles Stock Appreciation Right	09/01/2018 <sup>(2)</sup>	03/01/2020	Common Stock	15,000	\$ 70.745	D	^
Restricted Stock Units	^ <sup>(3)</sup>	^ <sup>(3)</sup>	Common Stock	1,132 <sup>(8)</sup>	\$ 0	D	^
Restricted Stock Units	^ <sup>(4)</sup>	^ <sup>(4)</sup>	Common Stock	1,261 <sup>(8)</sup>	\$ 0	D	^
Restricted Stock Units	^ <sup>(5)</sup>	^ <sup>(5)</sup>	Common Stock	2,807 <sup>(8)</sup>	\$ 0	D	^
Restricted Stock Units	^ <sup>(6)</sup>	^ <sup>(6)</sup>	Common Stock	2,019 <sup>(8)</sup>	\$ 0	D	^
Restricted Stock Units	^ <sup>(7)</sup>	^ <sup>(7)</sup>	Common Stock	777 <sup>(8)</sup>	\$ 0	D	^

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Neidig Brent 3838 WEST PARKWAY BLVD. WEST VALLEY CITY, UT 84120	^	^	^ CO & Man. Dir. of China	^

## Signatures

Joshua Foukas, as attorney  
in fact. 05/01/2019

\*\*Signature of Reporting Person Date

## Explanation of Responses:

- \* If the form is filed by more than one reporting person, *see* Instruction 5(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) Stock-Settled Stock Appreciation Rights vest 20% on the first anniversary of the grant date, 20% on the second anniversary of the grant date, 30% on the third anniversary of the grant date, and 30% on the fourth anniversary of the grant date.
- (2) Stock-Settled Stock Appreciation Rights vest 50% on the third anniversary of the grant date and 50% on the fourth anniversary of the grant date.
- (3) On May 1st, 2017, the reporting person was granted 1,132 restricted stock units, vesting at 25% on each 6th of February thereafter.
- (4) On October 23rd, 2017, the reporting person was granted 1,261 restricted stock units, vesting at 25% on the anniversary of the grant date.
- (5) On February 5th, 2018, the reporting person was granted 2,807 restricted stock units, vesting at 25% on the anniversary of the grant date.
- (6) On February 4th, 2019, the reporting person was granted 2,019 restricted stock units, vesting at 25% on the anniversary of the grant date.
- (7) On February 4th, 2019, the reporting person was granted 777 restricted stock units, vest 65% on the first anniversary and vest 35% on the second anniversary.
- (8) Each restricted stock unit represents a contingent right to receive one share of USNA common stock.

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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.