Edgar Filing: USANA HEALTH SCIENCES INC - Form 4

USANA HE. Form 4 May 22, 201	ALTH SCIENCI 5	ES INC									
FORM						OMB AF	PROVAL				
-	UNITED	Washingto					IES AND EXCHANGE COMMISSION ngton, D.C. 20549			3235-0287	
Check the if no long	er						Expires:	January 31, 2005			
subject to	STATEN	STATEMENT OF CHAN				ICIA	LOW	NERSHIP OF	Estimated average		
Section 1 Form 4 o		SECURITIES								rs per 0.5	
Form 5	-	Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,							response 0		
obligation may cont	ns Section 170						U	1935 or Section	ı		
See Instru		30(h)	of the In	vestment	Compan	y Ac	t of 194	0			
1(b).											
(Print or Type F	Responses)										
1. Name and Address of Reporting Person _2. IssuePOELMAN RONALD SSymbol				r Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer			
USA			USANA [USNA]	IA HEALTH SCIENCES INC A]				(Check all applicable)			
(Last)		Middle)	3. Date of (Month/D	f Earliest Tr ay/Year)	ansaction			X Director Officer (give to below)	title 10%	Owner er (specify	
3838 WEST	PARKWAY BI	LVD	05/20/2	015				below)	below)		
(Street) 4. If An		4. If Ame	Amendment, Date Original (Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person 				
Filed(Mo											Filed(Mor
SALT LAK	E CITY, UT 841	20						Form filed by M Person			
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of	2. Transaction Dat	e 2A. Deer	ned	3. 4. Securities Acquired				5. Amount of	6. Ownership	7. Nature of	
Security (Instr. 3)	(Month/Day/Year)	Execution any	on Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)					Securities Beneficially	Form: Direct Indirect (D) or Beneficia	Indirect Beneficial	
(111501. 5)		Code (Instr. 3, 4 and 5) Day/Year) (Instr. 8)				5)	Owned		Ownership		
							Following Reported	(Instr. 4) (Inst	(Instr. 4)		
						(A)		Transaction(s)			
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock	05/20/2015			М	1,570 (1)	А	\$ 28.16	1,570	D		
Common Stock	05/20/2015			S	1,570	D	\$ 131	0	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. Number ionof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Shares
Stock-Settled Stock Appreciation Rights	\$ 28.16	05/20/2015		М		2,000	07/01/2013	09/30/2015	Common Stock	2,00

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
POELMAN RONALD S 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120	Х						
Signatures							
James Bramble, as attorney in fact.	05/22/2015						
<u>**</u> 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) The shares acquired resulted from the reporting person's settlement of the stock-settled stock appreciation rights disclosed in Table II.

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.