Truett Roy Form 4 July 30, 2012

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB APPROVAL OMB

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SECURITIES Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section

may continue. 30(h) of the Investment Company Act of 1940 See Instruction 1(b).

(Print or Type Responses)

1. Name and Add Truett Roy	ress of Reporting Pers	2. Issuer Name and Ticker or Trading Symbol USANA HEALTH SCIENCES INC [USNA]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last) 3838 WEST P	(First) (Midd	(Month/Day/Year)	Director 10% OwnerX Officer (give title Other (specify below) Chief Operating Officer		
SALT LAKE	(Street) 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 Person Form filed by More than One Reporting Person		
			1 CISUII		

(City)	(State)	(Zip) Tabl	e I - Non-D	erivative	Secur	rities Acq	uired, Disposed of	f, or Beneficiall	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securi on(A) or D (Instr. 3,	ispose 4 and (A) or	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	07/27/2012		M	627 <u>(1)</u>		\$ 40.59	627	D	
Common Stock	07/27/2012		S	627	D	\$ 45	0	D	
Common Stock	07/27/2012		M	6,944 (1)	A	\$ 26.06	6,944	D	
Common Stock	07/27/2012		S	6,944	D	\$ 45	0	D	

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

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SEC 1474 (9-02)

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. Transaction Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amour Underlying Securit (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Stock-Settled Stock Appreciation Rights	\$ 40.59	04/27/2012		M	6,400	04/19/2008	10/19/2012	Common Stock	6,4
Stock-Settled Stock Appreciation Rights	\$ 26.06	07/27/2012		M	16,500	07/21/2009	01/21/2014	Common Stock	16,:

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Truett Roy

3838 WEST PARKWAY BLVD. Chief Operating Officer

SALT LAKE CITY, UT 84120

Signatures

Roy Truett 07/30/2012

**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 desclosed 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.

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Reporting Owners 2