





**Item 5.02, Departure of Directors or Principal Officers; Election of Directors; Appointment of Principal Officers**

Effective as of March 1, 2016, the Board of Directors of USANA Health Sciences, Inc. (the “Company”) acted unanimously to appoint Mr. D. Richard Williams as an additional director of the Company, for an initial term expiring at the Company’s 2016 Annual Meeting of Shareholders. Mr. Williams has not been appointed to any Committees of the Board of Directors at this time.

Mr. Williams is a member of the Board of Directors of Primerica, Inc. He has served as non-executive Chairman of Primerica since April 2015 and was Chairman from October 2009 through March 2015. He served as Primerica’s Co-Chief Executive Officer from 1999 through March 2015 and in various capacities at Primerica since 1989. Mr. Williams serves on the Board of Trustees of the Woodruff Arts Center, the Anti-Defamation League Southeast Region, the Atlanta Area Council of the Boy Scouts of America and the Carter Center Board of Councilors. Mr. Williams received both his B.S. degree and his M.B.A. from the Wharton School of the University of Pennsylvania.

**Item 9.01 Financial Statements and Exhibits.**

(d) Exhibits

Exhibit 99.1 Press release issued by USANA Health Sciences, Inc. dated March 1, 2016 (furnished herewith).

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**SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

**USANA HEALTH SCIENCES, INC.**

**By:** /s/ Paul A. Jones

Paul A. Jones, Chief Financial Officer

Date:

March 1, 2016