POELMAN RONALD S

Form 4/A September 08, 2011

FORM 4

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

OMB

OMB APPROVAL

Number:

3235-0287 January 31,

0.5

if no longer STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF subject to **SECURITIES** Section 16.

2005 Estimated average

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Form 4 or Form 5 obligations may continue. See Instruction

Check this box

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * POELMAN RONALD S

2. Issuer Name and Ticker or Trading

5. Relationship of Reporting Person(s) to Issuer

Symbol

USANA HEALTH SCIENCES INC

(Check all applicable)

[USNA]

(Last) (First) (Middle)

(Street)

3. Date of Earliest Transaction

X Director 10% Owner Officer (give title Other (specify

(Month/Day/Year) 07/27/2011

3838 WEST PARKWAY BLVD

4. If Amendment, Date Original

(Instr. 8)

6. Individual or Joint/Group Filing(Check

Filed(Month/Day/Year)

Applicable Line) 07/29/2011

X Form filed by One Reporting Person Form filed by More than One Reporting

(Instr. 4)

Person

below)

SALT LAKE CITY, UT 84120

(City) (State) (Zip)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1.Title of Security (Instr. 3)

2. Transaction Date 2A. Deemed (Month/Day/Year)

Execution Date, if

(Month/Day/Year)

3. 4. Securities TransactionAcquired (A) or Code Disposed of (D)

5. Amount of Securities Beneficially Owned

6. Ownership 7. Nature of Form: Direct Indirect (D) or Indirect Beneficial Ownership (I)

(Instr. 4)

(A)

Following Reported Transaction(s) (Instr. 3 and 4)

or

(Instr. 3, 4 and 5)

Code V Amount (D) Price

number.

Code

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

Conversion or Exercise

3. Transaction Date 3A. Deemed (Month/Day/Year) Execution Date, if any

5. Number Transaction of Derivative Date

Securities

6. Date Exercisable and Expiration

(Month/Day/Year)

7. Title and Underlying (Instr. 3 and

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(Instr. 3) Price of (Month Derivative Security

(Month/Day/Year) (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4,

and 5)

Code V (A) (D)

) Date Exercisable

Expiration Date Title

Stock-Settled

Stock Appreciation

\$ 28.16 07/27/2011

Α

 $8,000 \quad 07/01/2013_{\underline{(1)(2)}} \quad 09/30/2015_{\underline{(3)}}$

 $(30/2015_{\underline{(3)}}^{\underline{(3)}}$ Common Stock

Rights

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

POELMAN RONALD S 3838 WEST PARKWAY BLVD SALT LAKE CITY, UT 84120

X

Signatures

James Bramble, as attorney in fact

09/08/2011

**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 Form 4 filed 07/29/2011 disclosed an exercisable date of 07/27/2014. The actual date is 07/1/2013.
- (2) Stock-Settled Stock Appreciation Rights under this grant vest 12.5% quarterly beginning on July 1, 2013.
- (3) The Form 4 filed 07/29/2011 disclosed an expiration date of 01/27/2017. The actual date is 09/30/2015.

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.

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