

Laughlin Conan  
Form 4  
November 17, 2017

**FORM 4** UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**STATEMENT OF CHANGES IN 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 \*  
Laughlin Conan

2. Issuer Name and Ticker or Trading Symbol  
TIVITY HEALTH, INC. [TVTY]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

3. Date of Earliest Transaction (Month/Day/Year)  
11/15/2017

Director  10% Owner  
 Officer (give title below)  Other (specify below)

701 COOL SPRINGS BOULEVARD

(Street)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

FRANKLIN, TN 37067

(City) (State) (Zip)

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially 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. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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)
				Code V Amount (A) or (D) Price			
Common Stock	11/15/2017		S	69,050 D \$ 33.87	308,950 <sup>(1)</sup>	I	By North Tide Capital Master, LP <sup>(2)</sup>
Common Stock	11/15/2017		S	30,690 D \$ 33.87	137,310 <sup>(1)</sup>	I	By Managed Account of North Tide Capital, LLC <sup>(3)</sup>
Common Stock	11/15/2017		S	15,347 D \$ 33.87	68,653 <sup>(1)</sup>	I	By NTC Special Opportunities I Master, LP

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Common Stock	11/16/2017		S	137,400	D	\$ 34.4	171,550 <u>(1)</u>	I	By North Tide Capital Master, LP <u>(2)</u>
Common Stock	11/16/2017		S	61,070	D	\$ 34.4	76,240 <u>(1)</u>	I	By Managed Account of North Tide Capital, LLC <u>(3)</u>
Common Stock	11/16/2017		S	30,530	D	\$ 34.4	38,123 <u>(1)</u>	I	By NTC Special Opportunities I Master, LP <u>(4)</u>
Common Stock	11/17/2017		S	87,550	D	\$ 34.61	84,000 <u>(1)</u>	I	By North Tide Capital Master, LP <u>(2)</u>
Common Stock	11/17/2017		S	38,910	D	\$ 34.61	37,330 <u>(1)</u>	I	By Managed Account of North Tide Capital, LLC <u>(3)</u>
Common Stock	11/17/2017		S	19,453	D	\$ 34.61	18,670 <u>(1)</u>	I	By NTC Special Opportunities I Master, LP <u>(4)</u>
Common Stock							17,590 <u>(5)</u>	D	

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

**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.**

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(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 Derivative Securities Acquired (A) or Disposed of (D)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu
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