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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person - Thor Kirk K
   (Last) (First) (Middle)

   10000 WEHRLE DRIVE
   (Street)

   CLARENCE, NY 14031
   (City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol - Integer Holdings Corp | ITGR |

3. Date of Earliest Transaction (MM/DD/YYYY) - 1/3/2020

4. If Amendment, Date Original Filed

5. Relationship of Reporting Person(s) to Issuer
   (Check all applicable)
   _____ Director
   _____ 10% Owner
   X Officer (give title below)
   _____ Other (specify below)

   Chief Human Resources Officer

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

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

<table>
<thead>
<tr>
<th>Title of Security (Instr. 3)</th>
<th>Trans. Date</th>
<th>Deemed Execution Date, if any</th>
<th>Trans. Code (Instr. 8)</th>
<th>Securities Acquired (A) or Disposed of (D) (Instr. 3 and 4)</th>
<th>Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)</th>
<th>Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>1/3/2020</td>
<td>M</td>
<td>2349</td>
<td>A</td>
<td>4527</td>
<td>D</td>
<td></td>
</tr>
<tr>
<td>Common Stock</td>
<td>1/3/2020</td>
<td>M</td>
<td>532</td>
<td>A</td>
<td>5059</td>
<td>D</td>
<td></td>
</tr>
<tr>
<td>Common Stock</td>
<td>1/3/2020</td>
<td>M</td>
<td>347</td>
<td>A</td>
<td>5406</td>
<td>D</td>
<td></td>
</tr>
<tr>
<td>Common Stock</td>
<td>1/3/2020</td>
<td>F</td>
<td>862</td>
<td>D</td>
<td>4544</td>
<td>D</td>
<td></td>
</tr>
</tbody>
</table>

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

<table>
<thead>
<tr>
<th>Title of Derivate Security (Instr. 3)</th>
<th>Conversion or Exercise Price of Derivative Security</th>
<th>Trans. Date</th>
<th>Deemed Execution Date, if any</th>
<th>Trans. Code (Instr. 8)</th>
<th>Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3 and 4)</th>
<th>Date Exercisable</th>
<th>Expiration Date</th>
<th>Title</th>
<th>Amount or Number of Shares Beneficially Owned Following Reported Transaction(s) (Instr. 5)</th>
<th>Price of Derivative Security (Instr. 5)</th>
<th>Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)</th>
<th>Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td>1/3/2020</td>
<td>M</td>
<td>2349</td>
<td>A</td>
<td>Common</td>
<td>2349</td>
<td>$0.00</td>
<td>2550 D</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restricted Stock Units</td>
<td>1/3/2020</td>
<td>M</td>
<td>532</td>
<td>A</td>
<td>Common</td>
<td>532</td>
<td>$0.00</td>
<td>532 D</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restricted Stock Units</td>
<td>1/3/2020</td>
<td>M</td>
<td>347</td>
<td>D</td>
<td>Common</td>
<td>347</td>
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<td>697 D</td>
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<td></td>
<td></td>
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</tbody>
</table>

Explanation of Responses:

(1) Restricted stock units convert into common stock on a one-for-one basis.

(2) On January 2, 2018, the reporting person was granted 7,048 restricted stock units, vesting in three equal installments beginning on December 28, 2018.

(3) On January 31, 2018, the reporting person was granted 1,595 restricted stock units, vesting in three equal installments beginning on December 28, 2018.

(4) On February 28, 2019, the reporting person was granted 1,044 restricted stock units, vesting in three equal installments beginning January 3, 2020.

Reporting Owners

Reporting Owner Name / Address - Thor Kirk K
   10000 WEHRLE DRIVE
   CLARENCE, NY 14031

Relationships

- Director
- 10% Owner
- Officer
- Chief Human Resources Officer

Signatures

/s/ Mark Zawodzinski as attorney-in-fact for Kirk K. Thor. 1/7/2020
Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.
* If the form is filed by more than one reporting person, see Instruction 4(b)(v).
Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.
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.