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
   Giddens Elizabeth
   10000 WEHRLE DRIVE
   CLARENCE, NY 14031

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

3. Date of Earliest Transaction (MM/DD/YYYY)
   8/15/2019

5. Relationship of Reporting Person(s) to Issuer
   (Check all applicable)
   __ Director
   ____ 10% Owner
   __ Officer (give title below) X SVP, General Counsel
   __ Other (specify below)

4. If Amendment, Date Original Filed

6. Individual or Joint/Group Filing
   ___ Form filed by One Reporting Person X Form filed by More than One Reporting Person

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

<table>
<thead>
<tr>
<th>1. Title of Security (Instr. 3)</th>
<th>2. Trans. Date</th>
<th>2A. Deemed Execution Date, if any</th>
<th>3. Trans. Code (Instr. 8)</th>
<th>4. Securities Acquired (A) or Disposed of (D) (Instr. 3 and 4)</th>
<th>5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)</th>
<th>6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>7. Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units (1)</td>
<td>8/15/2019</td>
<td>A</td>
<td>1716</td>
<td>Common</td>
<td>1716</td>
<td>D</td>
<td>$0.00</td>
</tr>
</tbody>
</table>

Explanation of Responses:
(1) Restricted stock units convert into common stock on a one-for-one basis.
(2) Grant of restricted stock units that vest in three equal annual installments beginning with the first anniversary of the award.

Reporting Owners

<table>
<thead>
<tr>
<th>Reporting Owner Name / Address</th>
<th>Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Giddens Elizabeth</td>
<td>Director 10% Owner Officer SVP, General Counsel</td>
</tr>
<tr>
<td>10000 WEHRLE DRIVE</td>
<td></td>
</tr>
<tr>
<td>CLARENCE, NY 14031</td>
<td></td>
</tr>
</tbody>
</table>

Signatures

/s/Mark Zawodzinski as attorney-in-fact for Elizabeth Giddens. 8/19/2019

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.