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 -* Friedman Jeremy
   (Last) (First) (Middle) 10000 WEHRLE DRIVE
   (Street) CLARENCE, NY 14031

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

3. Date of Earliest Transaction (MM/DD/YYYY) 12/28/2018

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)
   EVP, COO

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

<table>
<thead>
<tr>
<th>Title of Security</th>
<th>Trans. Date</th>
<th>Code</th>
<th>V</th>
<th>Amount</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>12/28/2018</td>
<td>M</td>
<td>23688</td>
<td>A (1)</td>
<td>25836</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</th>
<th>Trans. Date</th>
<th>Code</th>
<th>V</th>
<th>Amount or Number of Shares</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td>(1) 12/28/2018</td>
<td>M</td>
<td>23688</td>
<td>23688</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) On January 3, 2017, the reporting person was granted 71,065 restricted stock units, vesting in three equal installments beginning on December 29, 2017.

Reporting Owners

Reporting Owner Name / Address Friedman Jeremy
   10000 WEHRLE DRIVE
   CLARENCE, NY 14031

Relationships

Director 10% Owner Officer Other

EVP, COO

Signatures

/\ Mark Zawodzinski as attorney-in-fact for Jeremy Friedman. 1/2/2019

**Signature of Reporting Person

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.