**FORM 4**

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

**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 *
   Spence Donald J  
   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)
   1/2/2019

4. If Amendment, Date Original Filed (MM/DD/YYYY)

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

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

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### 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, 4 and 5)</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>Common Stock</td>
<td>1/2/2019</td>
<td>M</td>
<td>V</td>
<td>437 (A)</td>
<td>18769</td>
<td>D</td>
<td>V</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>1. Title of Derivative Security (Instr. 3)</th>
<th>2. Conversion or Exercise Price of Derivative Security</th>
<th>3. Trans. Date</th>
<th>3A. Deemed Execution Date, if any</th>
<th>4. Trans. Code (Instr. 8)</th>
<th>5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)</th>
<th>6. Date Exercisable or Expiration Date</th>
<th>7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)</th>
<th>8. Price of Derivative Security (Instr. 5)</th>
<th>9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)</th>
<th>10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>11. Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td>(1)</td>
<td>1/2/2019</td>
<td>A</td>
<td>1749</td>
<td>(2)</td>
<td>(2)</td>
<td>Common</td>
<td>$0.00</td>
<td>1749</td>
<td>D</td>
<td>V</td>
</tr>
<tr>
<td>Restricted Stock Units</td>
<td>(1)</td>
<td>1/2/2019</td>
<td>M</td>
<td>437</td>
<td>(2)</td>
<td>(2)</td>
<td>Common</td>
<td>$0.00</td>
<td>1312</td>
<td>D</td>
<td>V</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 as of January 2, 2019. 25% of such restricted stock units vest on January 2, 2019, and the remainder vest in substantially equal installments on the first day of each remaining fiscal quarter in 2019.

**Reporting Owners**

<table>
<thead>
<tr>
<th>Reporting Owner Name / Address</th>
<th>Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spence Donald J</td>
<td>Director</td>
</tr>
<tr>
<td>10000 WEHRLE DRIVE</td>
<td>10% Owner</td>
</tr>
<tr>
<td>CLARENCE, NY 14031</td>
<td>Officer</td>
</tr>
</tbody>
</table>

**Signatures**

/s/ Mark Zawodzinski as attorney-in-fact for Donald J. Spence.  
1/3/2019

**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.