Flanagan Joseph F  
10000 WEHRLE DRIVE  
CLARENCE, NY 14031

1. Name and Address of Reporting Person -
Flanagan Joseph F  
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)
12/28/2018

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

5. Relationship of Reporting Person(s) to Issuer
( Check all applicable)
____ Director  ____ 10% Owner
X Officer (give title below)  ____ Other (specify below)
EVP, Quality & Regulatory Affa

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

<table>
<thead>
<tr>
<th>Date, if any</th>
<th>Execution Code</th>
<th>V</th>
<th>Amount (A) or (D)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/28/2018</td>
<td>M</td>
<td>1466</td>
<td>A</td>
<td>8480</td>
</tr>
<tr>
<td>12/28/2018</td>
<td>M</td>
<td>1148</td>
<td>A (D)</td>
<td>9628</td>
</tr>
<tr>
<td>12/28/2018</td>
<td>M</td>
<td>969</td>
<td>A (D)</td>
<td>10597</td>
</tr>
<tr>
<td>12/28/2018</td>
<td>M</td>
<td>686</td>
<td>A (D)</td>
<td>11283</td>
</tr>
<tr>
<td>12/28/2018</td>
<td>F</td>
<td>1899</td>
<td>D</td>
<td>9384</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Date, if any</th>
<th>Conversion or Exercise Price of Derivative Security Code</th>
<th>V</th>
<th>Amount (A) or (D)</th>
<th>Exercisable and Expiration Date</th>
<th>Title</th>
<th>Amount or Number of Shares</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/28/2018</td>
<td>M</td>
<td>1466</td>
<td>A (D)</td>
<td>Common</td>
<td>1466</td>
<td>$0.00</td>
</tr>
<tr>
<td>12/28/2018</td>
<td>M</td>
<td>969</td>
<td>A (D)</td>
<td>Common</td>
<td>969</td>
<td>$0.00</td>
</tr>
<tr>
<td>12/28/2018</td>
<td>M</td>
<td>686</td>
<td>A (D)</td>
<td>Common</td>
<td>686</td>
<td>$0.00</td>
</tr>
<tr>
<td>12/28/2018</td>
<td>M</td>
<td>1148</td>
<td>A (D)</td>
<td>Common</td>
<td>1149</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 8, 2016, the reporting person was granted 4,397 restricted stock units, vesting in three equal installments beginning on December 31, 2016.
(3) On February 6, 2017, the reporting person was granted 2,907 restricted stock units, vesting in three equal installments beginning on December 29, 2017.
(4) On January 31, 2018, the reporting person was granted 2,060 restricted stock units, vesting in three equal installments beginning on December 28, 2018.
(5) As reported on a Form 4 dated March 9, 2018, the reporting person earned 2,297 restricted stock units, vesting in two substantially equal installments on December 28, 2018 and January 3, 2020.

Signatures
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.