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 *
Garland Jason K
10000 WEHRLE DRIVE
CLARENCE, NY 14031

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

5. Relationship of Reporting Person(s) to Issuer
( Check all applicable)
_____ Director
_____ 10% Owner
__ X Officer (give title below)
EVP, Chief Financial Officer

4. If Amendment, Date Original Filed

2. Issuer Name and Ticker or Trading Symbol

5. Relationship of Reporting Person(s) to Issuer
( Check all applicable)

EVP, Chief Financial Officer

6. Individual or Joint/Group Filing
( Check Applicable Line)

X 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</th>
<th>Trans. Date</th>
<th>Code</th>
<th>Amount</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>10/2/2019</td>
<td>M</td>
<td>2490</td>
<td></td>
</tr>
<tr>
<td>Common Stock</td>
<td>10/2/2019</td>
<td>F</td>
<td>607</td>
<td>$71.98</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>Amount</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td>10/2/2019</td>
<td>M</td>
<td>2490</td>
<td></td>
</tr>
</tbody>
</table>

Explanation of Responses:

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

(2) On October 10, 2018, the reporting person was granted 7,470 restricted stock units, vesting in three equal installments beginning October 2, 2019.

Reporting Owners

Garland Jason K
10000 WEHRLE DRIVE
CLARENCE, NY 14031

EVP, Chief Financial Officer

Signatures

/s/ Mark Zawodzinski as attorney-in-fact for Jason K. Garland. 10/4/2019

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.