Form 4

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

2. Issuer Name and Ticker or Trading Symbol

Integer Holdings Corp [ ITGR ]

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

1/3/2020

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

_____ Director
_____ 10% Owner
X __ Officer (give title below)
_____ Other (specify below)

EVP, Chief Financial Officer

4. If Amendment, Date Original Filed

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

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>Deemed Execution Date, if any</th>
<th>Trans. Code (Instr. 8)</th>
<th>Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)</th>
<th>Amount of Securities Beneficially Owned Following Reported Transaction(s)</th>
<th>Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>1/3/2020</td>
<td>M</td>
<td>Amount (A) or (D)</td>
<td>Price</td>
<td>976</td>
<td>2859</td>
<td>D</td>
</tr>
<tr>
<td>Common Stock</td>
<td>1/3/2020</td>
<td>F</td>
<td>Date Exercisable</td>
<td>Expiration Date</td>
<td>2090</td>
<td>$81.04</td>
<td>2569</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Title of Derivative Security</th>
<th>Trans. Date</th>
<th>Deemed Execution Date, if any</th>
<th>Trans. Code (Instr. 8)</th>
<th>Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)</th>
<th>Date Exercisable</th>
<th>Expiration Date</th>
<th>Title of Underlying Derivative Security</th>
<th>Amount or Number of Shares</th>
<th>Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td>1/3/2020</td>
<td>M</td>
<td>Amount (A) or (D)</td>
<td>Date Exercisable and Expiration Date</td>
<td>976</td>
<td>2090</td>
<td>Common</td>
<td>2931</td>
<td>D</td>
<td>Restricted Stock Units</td>
</tr>
</tbody>
</table>

Explanation of Responses:

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

(2) On February 28, 2019, the reporting person was granted 2,931 restricted stock units, vesting in three equal installments beginning January 3, 2020.

Reporting Owners

Garland Jason K
10000 Wehrle Drive
Clarence, NY 14031

EVP, Chief Financial Officer

Signatures

/is/ Mark Zawodzinski as attorney-in-fact for Jason K. Garland. 1/7/2020

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.