Filing 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*
   SODERBERG PETER H
   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)

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 (A)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>1/2/2019</td>
<td>M</td>
<td>437</td>
<td>$0.00</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>Conversion or Exercise Price of Derivative Security</th>
<th>Trans. Date</th>
<th>Trans. Code</th>
<th>Exercisable Date (Instr. 3 and 4)</th>
<th>Expiration Date (Instr. 3 and 4)</th>
<th>Title</th>
<th>Amount or Number of Shares</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td>1/2/2019 A</td>
<td>1749</td>
<td>(1)</td>
<td>Common</td>
<td>1749</td>
<td>$0.00</td>
<td>1749</td>
</tr>
<tr>
<td>Restricted Stock Units</td>
<td>1/2/2019 M</td>
<td>437</td>
<td>(2)</td>
<td>Common</td>
<td>437</td>
<td>$0.00</td>
<td>1312</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>SODERBERG PETER H</td>
<td>X</td>
</tr>
</tbody>
</table>

Signatures

/s/ Mark Zawodzinski as attorney-in-fact for Peter H. Soderberg. 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.