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
Garland Jason K
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)
1/31/2020

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

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

<table>
<thead>
<tr>
<th>Title of Security</th>
<th>Trans. Date</th>
<th>Trans. Code</th>
<th>Securities Acquired (A) or Disposed of (D)</th>
<th>Amount of Securities Beneficially Owned Following Reported Transaction(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>1/31/2020</td>
<td>V</td>
<td>(A) or (D)</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 Derivate Security</th>
<th>Conversion or Exercise Price of Derivative Security</th>
<th>Trans. Date</th>
<th>Trans. Code</th>
<th>Number of Derivative Securities Acquired (A) or Disposed of (D)</th>
<th>Date Exercisable and Expiration Date</th>
<th>Title of Securities Underlying Derivative Security</th>
<th>Amount of Securities Beneficially Owned Following Reported Transaction(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td></td>
<td>1/31/2020</td>
<td>V</td>
<td>(A) or (D)</td>
<td>Date Exercisable and Expiration Date</td>
<td>Restricted Stock Units</td>
<td>3614</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 that vest in three annual installments on the last day of each fiscal year beginning in 2020.

Reporting Owners

Reporting Owner Name / Address
Garland Jason K
10000 WEHRLE DRIVE
CLARENCE, NY 14031

Relationships
Director 10% Owner Officer Other
EVP, Chief Financial Officer

Signatures
/s/ Mark Zawodzinski as attorney-in-fact for Jason K. Garland.

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.