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 –
Thor Kirk 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)
2/28/2019

4. If Amendment, Date Original Filed

5. 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>2. Trans Date</th>
<th>2A. Deemed Execution Date, if any</th>
<th>3. Trans Code (Instr. 8)</th>
<th>4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)</th>
<th>5. Amount of Securities Beneficially Owned Following Reported Transaction(s)</th>
<th>6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>7. Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Title of Derivate Security (Instr. 3)</th>
<th>2. Conversion or Exercise Price of Derivative Security</th>
<th>3. Trans Date</th>
<th>3A. Deemed Execution Date, if any</th>
<th>4. Trans Code (Instr. 8)</th>
<th>5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)</th>
<th>6. Date Exercisable and Expiration Date</th>
<th>7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)</th>
<th>8. Price of Derivative Security (Instr. 5)</th>
<th>9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)</th>
<th>10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)</th>
<th>11. Nature of Indirect Beneficial Ownership (Instr. 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td>(1)</td>
<td>2/28/2019</td>
<td></td>
<td></td>
<td>A 1044</td>
<td>(2)</td>
<td>(2)</td>
<td>Common 1044</td>
<td>0.00</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) Grant of restricted stock units that vest in three approximately equal annual installments on the last day of each fiscal year beginning in 2019.

Reporting Owners

<table>
<thead>
<tr>
<th>Reporting Owner Name / Address</th>
<th>Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thor Kirk K</td>
<td></td>
</tr>
<tr>
<td>10000 WEHRLE DRIVE</td>
<td></td>
</tr>
<tr>
<td>CLARENCE, NY 14031</td>
<td></td>
</tr>
</tbody>
</table>

Signatures

/s/ Mark Zawodzinski as attorney-in-fact for Kirk Thor. 3/4/2019

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.

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