FORM 4

[ ] Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 *
Hinrichs James F.

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

3. Date of Earliest Transaction (MM/DD/YYYY)
9/28/2019

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

___ Director
X 10% Owner

6. Individual or Joint/Group Filing (Check Applicable Line)
X Form filed by One Reporting Person

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

<table>
<thead>
<tr>
<th>Title of Security (Instr. 3)</th>
<th>Trans. Date</th>
<th>Trans. Code</th>
<th>Deemed Execution Date, if any</th>
<th>Amount of Securities Acquired (A) or Disposed of (D)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>9/28/2019</td>
<td>M</td>
<td></td>
<td>438 A</td>
<td>7424</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 (Instr. 3)</th>
<th>Conversion or Exercise Price of Derivative Security</th>
<th>Trans. Date</th>
<th>Deemed Execution Date, if any</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 Securities Underlying Derivative Security (Instr. 3 and 4)</th>
<th>Amount or Number of Shares</th>
<th>Price of Derivative Security (Instr. 5)</th>
<th>Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)</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)</td>
<td>9/28/2019</td>
<td>M</td>
<td>438 A</td>
<td>(2)</td>
<td>(2)</td>
<td>Common</td>
<td>438</td>
<td>$0.00</td>
<td>0</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) Vesting of restricted stock units granted on January 2, 2019.

Reporting Owners

Reporting Owner Name / Address: Hinrichs James F.
10000 WEHRLE DRIVE
CLARENCE, NY 14031

Relationships
Director
10% Owner
Officer
Other

X

Signatures

/\Mark Zawodzinski as attorney-in-fact for James F. Hinrichs. 10/1/2019

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.