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

Borowicz Anthony W

(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

X Director

_____ 10% Owner

_____ Officer (give title below)

SVP Strategy, Corp Dev., IR

6. Individual or Joint/Group Filing

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>Trans. Date</th>
<th>Deemed Execution Date, if any</th>
<th>Code</th>
<th>Amount</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>1/31/2020</td>
<td></td>
<td>V</td>
<td>20994</td>
<td>D</td>
</tr>
<tr>
<td>Common Stock</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></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>Trans. Date</th>
<th>Deemed Execution Date, if any</th>
<th>Trans. Code</th>
<th>Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)</th>
<th>Date Exercisable and Expiration Date</th>
<th>Title of Securities Underlying Derivative Security (Instr. 3 and 4)</th>
<th>Price of Derivative Security (Instr. 5)</th>
<th>Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)</th>
<th>Ownership Form: Director (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>1/31/2020</td>
<td></td>
<td>A</td>
<td>1073</td>
<td>2/1</td>
<td>Common</td>
<td>$0.00</td>
<td>1073</td>
<td>D</td>
<td>By 401(k)</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

<table>
<thead>
<tr>
<th>Reporting Owner Name / Address</th>
<th>Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Borowicz Anthony W</td>
<td>Director 10% Owner Officer SVP Strategy, Corp Dev., IR</td>
</tr>
</tbody>
</table>

Signatures

/s/ Mark Sawodzinski as attorney-in-fact for Anthony W. Borowicz. 2/4/2020

--- 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.

FILED PURSUANT TO SECTION 16(a) OF THE SECURITIES EXCHANGE ACT OF 1934 OR SECTION 30(h) OF THE INVESTMENT COMPANY ACT OF 1940