**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**
   - Thomas Tommy P
     - (Last) 10000 WEHRLE DRIVE
     - (First) CLARENCE, NY 14031
     - (Middle) VP, Corporate Controller

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

3. **Date of Earliest Transaction (MM/DD/YYYY)**
   - 12/28/2018

4. **Individual or Joint/Group Filing**
   - X Form filed by One Reporting Person

5. **Relationship of Reporting Person(s) to Issuer**
   - _____ Director
   - _____ 10% Owner
   - X Officer (give title below)
   - _____ Other (specify below)

   - VP, Corporate Controller

**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>Amount (A) or (D)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>12/28/2018</td>
<td>M</td>
<td>355 A</td>
<td>355</td>
</tr>
<tr>
<td>Common Stock</td>
<td>12/28/2018</td>
<td>F</td>
<td>121 D</td>
<td>234</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>Amount of Derivative 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. 3 and 4)</th>
<th>Ownership Form of Derivative Security: 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>12/28/2018</td>
<td>M</td>
<td>355 A</td>
<td>355</td>
<td>$0.00</td>
<td>712</td>
<td>D</td>
<td>D</td>
</tr>
</tbody>
</table>

**Explanation of Responses:**

1. **Restricted stock units convert into common stock on a one-for-one basis.**
2. **On February 5, 2018, the reporting person was granted 1,067 restricted stock units, vesting in three equal installments beginning on December 28, 2018.**

**Reporting Owners**

- Reporting Owner Name / Address: Thomas Tommy P  
  - 10000 WEHRLE DRIVE  
  - CLARENCE, NY 14031  
- Relationships:  
  - Director  
  - 10% Owner  
  - Officer  
  - VP, Corporate Controller

**Signatures**

- /s/ Mark Zawodzinski as attorney-in-fact for Tommy P. Thomas.  
  - 1/2/2019  
- Signature of Reporting Person  
- Date

**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.