# 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)

2/28/2019

### 5. Relationship of Reporting Person(s) to Issuer

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

___ Director

___ 10% Owner

__ X Officer (give title below)

___ Other (specify below)

SVP Strategy, Corp Dev., IR

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

<table>
<thead>
<tr>
<th>Title of Security</th>
<th>Trans Date</th>
<th>Code</th>
<th>V</th>
<th>Amount</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>2/28/2019</td>
<td>A</td>
<td></td>
<td>1029</td>
<td>20217</td>
</tr>
<tr>
<td>Common Stock</td>
<td>2/28/2019</td>
<td>A</td>
<td></td>
<td>1209</td>
<td>21426</td>
</tr>
<tr>
<td>Common Stock</td>
<td>2/28/2019</td>
<td>F</td>
<td></td>
<td>802</td>
<td>20624</td>
</tr>
<tr>
<td>Common Stock</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2329</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>Code</th>
<th>V</th>
<th>Amount</th>
<th>Exercisable Date</th>
<th>Expiration Date</th>
<th>Price of Derivative Security</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td></td>
<td>2/28/2019</td>
<td>A</td>
<td>1209</td>
<td>(D)</td>
<td>(I)</td>
<td>(I)</td>
<td>Common</td>
</tr>
<tr>
<td>Restricted Stock Units</td>
<td></td>
<td>2/28/2019</td>
<td>A</td>
<td>897</td>
<td>(D)</td>
<td>(I)</td>
<td>(I)</td>
<td>Common</td>
</tr>
</tbody>
</table>

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### Explanation of Responses:

1. Represent the portion of a performance-based restricted stock unit ("PRSU") award made on January 4, 2016 that was determined to be earned based on performance for the period ending December 28, 2018. The established performance and service conditions were determined to have been met as of February 28, 2019.

2. Restricted stock units convert into common stock on a one-for-one basis.

3. Represent the portion of a PRSU award made on February 6, 2017 that was determined to be earned based on performance for the period ending December 28, 2018. The established performance and service conditions were determined to have been met as of February 28, 2019.

4. Represent the portion of a PRSU award made on February 6, 2017 that was determined to be earned based on performance for the period ending December 28, 2018. The established performance conditions were determined to have been met as of February 28, 2019. The PRSUs are scheduled to vest on January 3, 2020, provided the reporting person is employed by the Issuer on the vesting date.

5. Grant of restricted stock units that vest in three approximately equal annual installments on the last day of each fiscal year beginning in 2019.

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### 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</td>
</tr>
<tr>
<td>10000 WEHRLE DRIVE</td>
<td>Officer</td>
</tr>
<tr>
<td>CLARENCE, NY 14031</td>
<td>SVP Strategy, Corp Dev., IR</td>
</tr>
</tbody>
</table>
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.