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
Khales Payman
10000 WEHRLE DRIVE
CLARENCE, NY

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. Relationship of Reporting Person(s) to Issuer
(X) Officer (give title below)
President, C&V

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>Securities Acquired (A) or Disposed of (D)</th>
<th>Amount of Securities Beneficially Owned Following Reported Transaction(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>2/28/2019</td>
<td>A</td>
<td>1649 (A)</td>
<td>1649 (A)</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>Deemed Execution Date, if any</th>
<th>Trans. Code</th>
<th>Derivative Securities Acquired (A) or Disposed of (D)</th>
<th>Amount of Derivative Securities Beneficially Owned Following Reported Transaction(s)</th>
<th>Price of Derivative Security</th>
<th>Number of Derivative Securities Beneficially Owned Following Reported Transaction(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td>$0.00 (D)</td>
<td>2/28/2019</td>
<td>A</td>
<td>1649 (A)</td>
<td>1649 (A)</td>
<td>1649 (A)</td>
<td>$0.00</td>
<td>1649 (A)</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>Khales Payman</td>
<td>Director 10% Owner Officer President, C&amp;V</td>
</tr>
</tbody>
</table>

Signatures

/s/ Mark Zawodzinski as attorney-in-fact for Payman Khales.
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.

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.