FORM 4

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
   Flanagan Joseph F
   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

4. If Amendment, Date Original Filed

5. Relationship of Reporting Person(s) to Issuer
   (Check all applicable)
   0. Director
   X. 10% Owner
   X. Officer (give title below)
   __. Other (specify below)
   EVP, Quality & Regulatory Affairs

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>Code</th>
<th>Amount (A) or (D)</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Common Stock</td>
<td>1/31/2020</td>
<td>V</td>
<td>15279</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>Conversion or Exercise Price of Derivative Security</th>
<th>Trans. Date</th>
<th>Deemed Execution Date, if any</th>
<th>Code</th>
<th>Amount (A) or (D)</th>
<th>Exercisable Date</th>
<th>Expiration Date</th>
<th>Title</th>
<th>Amount or Number of Shares</th>
<th>Price of Derivative Security</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>1/31/2020</td>
<td>A</td>
<td>1463</td>
<td>V</td>
<td>1463</td>
<td>1/31/2020</td>
<td>1/31/2020</td>
<td>Common</td>
<td>1463</td>
<td>50.00</td>
<td>Direct (D)</td>
<td>Wesports Employees Stock Plan</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>Flanagan Joseph F</td>
<td></td>
</tr>
<tr>
<td>10000 WEHRLE DRIVE</td>
<td></td>
</tr>
<tr>
<td>CLARENCE, NY 14031</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Director</td>
</tr>
<tr>
<td></td>
<td>10% Owner</td>
</tr>
<tr>
<td></td>
<td>Officer</td>
</tr>
<tr>
<td>EVP, Quality &amp; Regulatory Affairs</td>
<td>Other</td>
</tr>
</tbody>
</table>

Signatures

/s/ Mark Zawodzinski as attorney-in-fact for Joseph F. Flanagan. 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.