

# FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549

OMB APPROVAL  
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[ ] Check this box if no longer  
subject to Section 16. Form 4 or  
Form 5 obligations may  
continue. See Instruction 1(b).

## 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 *			2. Issuer Name and Ticker or Trading Symbol			5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
<b>Spencer Michael L</b>			<b>Integer Holdings Corp [ ITGR ]</b>			<input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) <b>Chief Ethics &amp; Compliance Of</b>		
(Last) (First) (Middle)			3. Date of Earliest Transaction (MM/DD/YYYY)					
<b>10000 WEHRLE DRIVE</b>			<b>12/28/2018</b>					
(Street)			4. If Amendment, Date Original Filed (MM/DD/YYYY)			6. Individual or Joint/Group Filing (Check Applicable Line)		
<b>CLARENCE, NY 14031</b>						<input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
(City) (State) (Zip)								

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

1. Title of Security (Instr. 3)	2. Trans. Date	2A. Deemed Execution Date, if any	3. Trans. Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	12/28/2018		M		356	A	(1)	4335	D	
Common Stock	12/28/2018		M		891	A	(1)	5226	D	
Common Stock	12/28/2018		M		752	A	(1)	5978	D	
Common Stock	12/28/2018		M		498	A	(1)	6476	D	
Common Stock	12/28/2018		F		610	D	\$76.03	5866	D	

**Table II - Derivative Securities Beneficially Owned ( e.g. , puts, calls, warrants, options, convertible securities)**

1. Title of Derivate Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Trans. Date	3A. Deemed Execution Date, if any	4. Trans. Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Restricted Stock Units	(1)	12/28/2018		M		356		(2)	(2)	Common	356	\$0.00	0	D	
Restricted Stock Units	(1)	12/28/2018		M		752		(3)	(3)	Common	752	\$0.00	752	D	
Restricted Stock Units	(1)	12/28/2018		M		498		(4)	(4)	Common	498	\$0.00	997	D	
Restricted Stock Units	(1)	12/28/2018		M		891		(5)	(5)	Common	891	\$0.00	891	D	

### Explanation of Responses:

- Restricted stock units convert into common stock on a one-for-one basis.
- On December 14, 2015, the reporting person was granted 1,066 restricted stock units, vesting in three equal installments beginning on December 30, 2016.
- On February 6, 2017, the reporting person was granted 2,255 restricted stock units, vesting in three equal installments beginning on December 29, 2017.
- On January 31, 2018, the reporting person was granted 1,495 restricted stock units, vesting in three equal installments beginning on December 28, 2018.
- As reported on a Form 4 dated March 9, 2018, the reporting person earned 1,782 restricted stock units, vesting in two substantially equal installments on December 28, 2018 and January 3, 2020.

### Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
<b>Spencer Michael L</b> <b>10000 WEHRLE DRIVE</b> <b>CLARENCE, NY 14031</b>			<b>Chief Ethics &amp; Compliance Of</b>	

### Signatures

/s/ Mark Zawodzinski as attorney-in-fact for Michael L. Spencer.

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).

\*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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