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
   Houghton Carter
   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
   __ Director  ____ 10% Owner
   _X_ Officer (give title below)  ____ Other (specify below)
   President, Electrochem

6. Individual or Joint/Group Filing (Check Applicable Line)
   _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>Deemed Execution Date, if any</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>
<th>Ownership Form</th>
<th>Nature of Indirect Beneficial Ownership</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restricted Stock Units</td>
<td>1/31/2020</td>
<td>A</td>
<td>1662</td>
<td>Common</td>
<td>1662</td>
<td>D</td>
<td>Direct (D)</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>Houghton Carter</td>
<td>Director</td>
</tr>
<tr>
<td>10000 WEHRLE DRIVE</td>
<td>10% Owner</td>
</tr>
<tr>
<td>CLARENCE, NY 14031</td>
<td>Officer</td>
</tr>
<tr>
<td></td>
<td>President, Electrochem</td>
</tr>
</tbody>
</table>

Signatures

/s/ Mark Zawodzinski as attorney-in-fact for Carter Houghton. 2/4/2020

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.