# FORM 4

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

**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

OMB APPROVAL
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| 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) |
|---|---|---|
| **Thomas Tommy P**<br>(Last) (First) (Middle) | **Integer Holdings Corp [ ITGR ]** | ____ Director ____ 10% Owner<br>__X__ Officer (give title below) ____ Other (specify below)<br>**VP, Corporate Controller** |
| **5830 GRANITE PARKWAY, SUITE 1150**<br>(Street) | 3. Date of Earliest Transaction (MM/DD/YYYY)<br>**1/21/2022** | |
| **PLANO, TX 75024**<br>(City) (State) (Zip) | 4. If Amendment, Date Original Filed (MM/DD/YYYY) | 6. Individual or Joint/Group Filing (Check Applicable Line)<br>_X_ Form filed by One Reporting Person<br>___ Form filed by More than One Reporting Person |

**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** | **1/22/2022** | | **M** | | **364** | **A** | (1) | **1684** | **D** | |
| **Common Stock** | **1/22/2022** | | **M** | | **1067** | **A** | (1) | **2751** | **D** | |
| **Common Stock** | **1/22/2022** | | **P** | | **597** | **D** | **$79.76** | **2154** | **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) | **1/22/2022** | | **M** | | | **364** | (2) | (2) | **Common** | **364** | **$0.00** | **728** | **D** | |
| **Restricted Stock Units** | (1) | **1/22/2022** | | **M** | | | **1067** | (3) | (3) | **Common** | **1067** | **$0.00** | **0** | **D** | |
| **Restricted Stock Units** | (1) | **1/21/2022** | | **A** | | **940** | | (4) | (4) | **Common** | **940** | **$0.00** | **940** | **D** | |

**Explanation of Responses:**

**(1)** Restricted stock units convert into common stock on a one-for-one basis.

**(2)** On January 22, 2021, the reporting person was granted 1,092 restricted stock units, vesting in three equal installments beginning on January 22, 2022.

**(3)** On January 22, 2021, the reporting person was granted 1,067 restricted stock units, vesting in full on January 22, 2022.

**(4)** Grant of restricted stock units that vest in three equal annual installments beginning on January 21, 2023, the first anniversary of the date of the award.

**Reporting Owners**

| Reporting Owner Name / Address | Relationships | | | |
|---|---|---|---|---|
| | Director | 10% Owner | Officer | Other |
| **Thomas Tommy P**<br>**5830 GRANITE PARKWAY, SUITE 1150**<br>**PLANO, TX 75024** | | | **VP, Corporate Controller** | |

**Signatures**

**/s/ Mark Zawodzinski as attorney-in-fact for Tommy P. Thomas.** **1/25/2022**

** 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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