

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 <div>(Last) (First) (Middle)</div> 5830 GRANITE PARKWAY, SUITE 1150 <div>(Street)</div> PLANO, TX 75024 <div>(City) (State) (Zip)</div>	2. Issuer Name and Ticker or Trading Symbol Integer Holdings Corp [ITGR]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <div>____ Director _____ 10% Owner</div> <div><input checked="" type="checkbox"/> Officer (give title below) _____ Other (specify below)</div> President, Electrochem
3. Date of Earliest Transaction (MM/DD/YYYY) 1/21/2022		6. Individual or Joint/Group Filing (Check Applicable Line) <div><input checked="" type="checkbox"/> Form filed by One Reporting Person</div> <div>____ Form filed by More than One Reporting Person</div>
4. If Amendment, Date Original Filed (MM/DD/YYYY)		

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		638	A	(1)	3765	D	
Common Stock	1/22/2022		F		190	D	\$79.76	3575	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			638	(2)	(2)	Common	638	\$0.00	1278	D	
Restricted Stock Units	(1)	1/21/2022		A		2089		(3)	(3)	Common	2089	\$0.00	2089	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 1,916 restricted stock units, vesting in three equal installments beginning on January 22, 2022.

(3) 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 Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Houghton Carter 5830 GRANITE PARKWAY, SUITE 1150 PLANO, TX 75024			President, Electrochem	

Signatures

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

Signature of Reporting Person

1/25/2022

Date

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.