

[] 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

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response... 0.5

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	2. Issuer Name and Ticker or Trading Symbol						5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
Houghton Carter					Integer Holdings Corp [ITGR]							Dimenton		100/	0	
(Last) (First) (Middle)					3. Date of Earliest Transaction (MM/DD/YYYY)							Director 10% Owner X Officer (give title below) Other (specify below)				nelow)
5830 GRANITE PARKWAY, SUITE 1150				E			1/2	1/20)22		President, El			ier (speerry	selow)	
(Street)				4	4. If Amendment, Date Original Filed (MM/DD/YYYY)							6. Individual or Joint/Group Filing (Check Applicable Line)				
PLANO, TX 75024 (City) (State) (Zip)												X_Form filed by One Reporting Person Form filed by More than One Reporting Person				
		ı	Table I -	- Non-D	eriva	tive Secu	urities Ac	quir	ed, Di	sposed (of, or Be	neficially Own	ed			
1. Title of Security (Instr. 3)			Trans. Dat	Exe	Deemed cution e, if any	3. Trans. Co (Instr. 8)	ode	or Disposed of (D)			Following Reported Transaction(s) (Instr. 3 and 4) Ownership of Indire Benefici			Beneficial		
					Code	V	Amoui	(A) or nt (D)	Price	or (I				r Indirect (Instr. 4)		
Common Stock 1/22/202			1/22/2022			M		638	A	(1)	3765			D		
Common Stock 1/22/202			1/22/2022			F		190	D	\$79.76	3575			D		
	Tak	ole II - Der	ivative S	Securitie	s Ber	neficially	Owned ((e.g.,	puts,	calls, w	arrants,	options, conve	tible secu	urities)		
Security (Instr. 3)	2. Conversion or Exercise Price of Derivative	3. Trans. Date	3A. Deem Execution Date, if an		Derivati		e Securities (A) or of (D)		ate Exercisable and iration Date			Underlying Security	Derivative Security	9. Number of derivative Securities Beneficially Owned	Form of Derivative Security:	11. Nature of Indirect Beneficial Ownership (Instr. 4)
	Security			Code	e V	(A)	(D)	Date Exerc	cisable	Expiration Date	Title	Amount or Number of Shares		Following Reported Transaction(s) (Instr. 4)	Direct (D) or Indirect (I) (Instr. 4)	
Restricted Stock Units	<u>(1)</u>	1/22/2022		M			638	((2)	<u>(2)</u>	Common	638	\$0.00	1278	D	
Restricted Stock Units	<u>(1)</u>	1/21/2022		A		2089		(<u>(3)</u>	<u>(3)</u>	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 Owners

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

Signatures

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

**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.

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.