

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

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* VINHAIS JOSEPH (Last) (First) (Middle) 311 C ENTERPRISE DRIVE (Street) PLAINSBORO NJ 08536 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFSCIENCES HOLDINGS CORP [IART]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) Corp VP, Global Qlty Assurance
	3. Date of Earliest Transaction (Month/Day/Year) 02/14/2019	
4. If Amendment, Date of Original Filed (Month/Day/Year)		

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction 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	02/14/2019		A		972 ⁽¹⁾	A	\$0.00	7,973	D	
Common Stock	02/14/2019		A		850 ⁽²⁾	A	\$0.00	8,823	D	
Common Stock	02/14/2019		A		485 ⁽³⁾	A	\$0.00	9,308	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction 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 (Month/Day/Year)		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: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date					

Explanation of Responses:

- On February 14, 2019, the Compensation Committee certified that the Company achieved its performance goal for fiscal year 2018, at least 3% and up to a maximum of 11% increase in annual revenue over the prior fiscal year, under the March 14, 2016 Performance Stock Award. Accordingly, 34% of the shares will vest on March 14, 2019 at 150% of target, the third anniversary of the grant date.
- On February 14, 2019, the Compensation Committee certified that the Company achieved its performance goal for fiscal year 2018, at least 3% and up to a maximum of 11% increase in annual revenue over the prior fiscal year, under the March 13, 2017 Performance Stock Award. Accordingly, 33% of the shares will vest on March 13, 2019 at 150% of target, the second anniversary of the grant date.
- On February 14, 2019, the Compensation Committee certified that the Company achieved its performance goal for fiscal year 2018 under the March 13, 2018 performance stock award at or above the threshold level based on annual organic revenue growth over the prior fiscal year. Accordingly, 33% of the shares will vest on March 13, 2019 at 89.5% of target, the first anniversary of the grant date.

Remarks:

/s/ Eric Schwartz; Attorney-in-Fact 02/19/2019

** 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.

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 Number.