Coleman Glenn Form 4 March 15, 2019

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

Check this box if no longer subject to Section 16. Form 4 or Form 5

obligations

may continue.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Last)

(Print or Type Responses)

1. Name and Address of Reporting Person * Coleman Glenn

(Middle)

(First)

311 ENTERPRISE DRIVE

(Street)

(Ctata)

(7:m)

2. Issuer Name and Ticker or Trading Symbol

INTEGRA LIFESCIENCES

HOLDINGS CORP [IART] 3. Date of Earliest Transaction

(Month/Day/Year) 03/13/2019

4. If Amendment, Date Original

Filed(Month/Day/Year)

OMB APPROVAL

OMB 3235-0287 Number:

January 31, Expires: 2005

Estimated average burden hours per

response... 0.5

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner _X__ Officer (give title . _ Other (specify

below)

CVP, CHIEF FINANCIAL OFFICER 6. Individual or Joint/Group Filing(Check

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

Person

PLAINSBORO, NJ 08536

(City)	(State) ((Zip) 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. Securion(A) or D (Instr. 3,	ispose 4 and	d of (D)	5. Amount of Securities Beneficially Owned Following Reported	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	Transaction(s) (Instr. 3 and 4)		
Common Stock	03/13/2019		F	2,232	D	\$ 55.91	30,375	D	
Common Stock	03/13/2019		F	1,191	D	\$ 55.91	29,184	D	
Common Stock	03/13/2019		A	4,621	A	\$ 0	33,805	D	
Common Stock	03/13/2019		F	856	D	\$ 55.91	32,949	D	
Common Stock	03/13/2019		F	718	D	\$ 55.91	32,231	D	

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Common Stock	03/14/2019	F	2,700	D	\$ 56.14	29,531	D
Common Stock	03/14/2019	F	721	D	\$ 56.14	28,810	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474

(9-02)

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 or 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 Amoun Underlying Securit (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amo or Num of Sh
Non-Qualified Stock Option (right to buy)	\$ 55.91	03/13/2019		A	20,678	<u>(1)</u>	03/13/2027	Common Stock	20,6

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Coleman Glenn

311 ENTERPRISE DRIVE CVP, CHIEF FINANCIAL OFFICER

PLAINSBORO, NJ 08536

Signatures

/s/ Eric Schwartz; 03/15/2019 Attorney-in-Fact

**Signature of Reporting Person Date

Explanation of Responses:

- * 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).
- (1) 25% of the stock options vest every first, second, and third anniversaries of the grant date of 3/13/2019.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Reporting Owners 2

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