FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

| OMB APPROVAL             |           |  |  |  |  |  |  |  |  |
|--------------------------|-----------|--|--|--|--|--|--|--|--|
| OMB Number:              | 3235-0287 |  |  |  |  |  |  |  |  |
| Estimated average burden |           |  |  |  |  |  |  |  |  |
| hours per respons        | e 0.5     |  |  |  |  |  |  |  |  |

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*  Mosebrook Jeffrey  (Last) (First) (Middle)  1100 CAMPUS ROAD |                                                                                                                                                                                                                                                         |                                            |        |                                  | 2. Issuer Name and Ticker or Trading Symbol INTEGRA LIFESCIENCES HOLDINGS CORP [ IART ]  3. Date of Earliest Transaction (Month/Day/Year) 03/11/2024 |                                                          |                                                          |                           |                                                 |        |       |                                                                                                                     | <u>38</u> |                   | 5. Relationship of Reporting Person(s) to Issue Check all applicable)  Director 10% Owner  X Officer (give title below)  SVP, Fin & Princ Acct Officer |       |                                                                   |                                                                          |                                                                    |
|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|--------|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|---------------------------|-------------------------------------------------|--------|-------|---------------------------------------------------------------------------------------------------------------------|-----------|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------|
| (Street)                                                                                               |                                                                                                                                                                                                                                                         |                                            |        |                                  |                                                                                                                                                      | 4. If Amendment, Date of Original Filed (Month/Day/Year) |                                                          |                           |                                                 |        |       |                                                                                                                     |           |                   | lividual or Joint/Group Filing (Check Applicable Form filed by One Reporting Person Form filed by More than One Reporting Person                       |       |                                                                   |                                                                          |                                                                    |
| (City)                                                                                                 | Rule 10b5-1(c) Transaction Indication  Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. |                                            |        |                                  |                                                                                                                                                      |                                                          |                                                          |                           |                                                 |        |       |                                                                                                                     |           |                   |                                                                                                                                                        |       |                                                                   |                                                                          |                                                                    |
| Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned                       |                                                                                                                                                                                                                                                         |                                            |        |                                  |                                                                                                                                                      |                                                          |                                                          |                           |                                                 |        |       |                                                                                                                     |           |                   |                                                                                                                                                        |       |                                                                   |                                                                          |                                                                    |
| 1. Title of Security (Instr. 3)  2. Transact Date (Month/Date)                                         |                                                                                                                                                                                                                                                         |                                            |        |                                  |                                                                                                                                                      | Execution Date,                                          |                                                          |                           | Transaction Disposed Code (Instr. 5)            |        |       | es Acquired (A) or<br>Of (D) (Instr. 3, 4 and                                                                       |           |                   | 5. Amount of<br>Securities<br>Beneficially<br>Owned Following<br>Reported                                                                              |       | 6. Ownership<br>Form: Direct<br>(D) or Indirect<br>(I) (Instr. 4) |                                                                          | 7. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4)  |
|                                                                                                        |                                                                                                                                                                                                                                                         |                                            |        |                                  |                                                                                                                                                      |                                                          |                                                          | Code                      | v                                               | Amount | (A) o | Pri                                                                                                                 | се        | Transa            | action(s)<br>3 and 4)                                                                                                                                  |       |                                                                   | (111341. 4)                                                              |                                                                    |
| Common Stock 03/1                                                                                      |                                                                                                                                                                                                                                                         |                                            |        |                                  |                                                                                                                                                      | 2024                                                     |                                                          |                           |                                                 |        | 130   | D                                                                                                                   | \$3       | 6.22              | .22 23,860                                                                                                                                             |       |                                                                   | D                                                                        |                                                                    |
| Common Stock 03/11                                                                                     |                                                                                                                                                                                                                                                         |                                            |        |                                  | 2024                                                                                                                                                 |                                                          |                                                          |                           | Α                                               |        | 3,410 | A                                                                                                                   |           | \$ <mark>0</mark> | 27                                                                                                                                                     | 7,270 |                                                                   | D                                                                        |                                                                    |
| Common Stock 03/12/                                                                                    |                                                                                                                                                                                                                                                         |                                            |        |                                  | 2024                                                                                                                                                 |                                                          |                                                          |                           | F                                               |        | 223   | D                                                                                                                   | \$3       | 5.88              | 27                                                                                                                                                     | 7,047 |                                                                   | D                                                                        |                                                                    |
| Common Stock 03/12/2                                                                                   |                                                                                                                                                                                                                                                         |                                            |        |                                  | 2024                                                                                                                                                 |                                                          |                                                          |                           | F                                               |        | 124   | D                                                                                                                   | \$3       | 5.88              | 20                                                                                                                                                     | 6,923 |                                                                   | D                                                                        |                                                                    |
|                                                                                                        | Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)                                                                                                            |                                            |        |                                  |                                                                                                                                                      |                                                          |                                                          |                           |                                                 |        |       |                                                                                                                     |           |                   |                                                                                                                                                        |       |                                                                   |                                                                          |                                                                    |
| 1. Title of<br>Derivative<br>Security<br>(Instr. 3)                                                    | 2.<br>Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security                                                                                                                                                                                   | 3. Transaction<br>Date<br>(Month/Day/Year) | if any | emed<br>ion Date,<br>//Day/Year) | 4.<br>Transa<br>Code (<br>8)                                                                                                                         |                                                          | of<br>Deriv<br>Secu<br>Acqu<br>(A) o<br>Disport<br>of (D | r<br>osed<br>)<br>r. 3, 4 | 6. Date Exercisable Expiration Date Exercisable |        |       | 7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)  Amount or Number of Title Shares |           | De Se (In:        | Price of erivative security security security security Beneficia Owned Following Reported Transacti (Instr. 4)                                         |       | ly                                                                | 10.<br>Ownership<br>Form:<br>Direct (D)<br>or Indirect<br>(I) (Instr. 4) | 11. Nature<br>of Indirect<br>Beneficial<br>Ownership<br>(Instr. 4) |

Explanation of Responses:

Remarks:

/s/ Eric Schwartz; Attorney-in-03/13/2024

**Fact** 

\*\* Signature of Reporting Person Date

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

- $^{\star}$  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.