

# FORM 4

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

OMB APPROVAL	
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## 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

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

(Print or Type Responses)

1. Name and Address of Reporting Person* <b>Fulton Tricia L</b>			2. Issuer Name and Ticker or Trading Symbol <b>HELIOS TECHNOLOGIES, INC. [HLIO]</b>			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) <b>Chief Financial Officer</b>		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) <b>02/25/2022</b>					
7456 SIXTEENTH STREET EAST								
(Street)			4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person		
SARASOTA, FL 34243								
(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. 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	02/25/2022		M		7,742 (1)	A	\$ 0	51,481.621	D	
Common Stock	02/25/2022		F		3,047 (2)	D	\$ 105.17	48,434.621	D	
Common Stock	02/28/2022		M		1,080	A	\$ 0	49,514.621	D	
Common Stock	02/28/2022		F		425 (3)	D	\$ 78.41	49,089.621	D	
Common Stock								5,734.285 (4)	I	By 401(k) Plan Trust

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

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### 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 Underlying Securities (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)
						Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Performance-Based Restricted Stock Units	(1)	02/25/2022		M	7,742	(1)	(1)	Common Stock	7,742	\$ 0	0	D	
Restricted Stock Units	(5)	02/28/2022		M	1,080	(6)	(6)	Common Stock	1,080	\$ 0	1,080	D	

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other

Fulton Tricia L 7456 SIXTEENTH STREET EAST SARASOTA, FL 34243			Chief Financial Officer	
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## Signatures

/s/ Marc Greenberg, Attorney-in-Fact for Tricia L. Fulton		03/01/2022
<small>**Signature of Reporting Person</small>		<small>Date</small>

## 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).
- Acquired performance-based restricted stock units granted to the Reporting Person on February 22, 2019, as determined by the performance period beginning on the first day of the
- (1) Company's fiscal year ending December 28, 2019 and ending on the last day of the Company's fiscal year ending January 1, 2022, following subsequent financial approval on February 25, 2022 of the payout percentage for the grant based on performance criteria. The payout percentage for the grant based on performance goals was 150%.
  - (2) No shares were sold - these shares were withheld by the issuer to satisfy tax withholding requirements in connection with the vesting of restricted stock units. Withholding of shares to cover taxes on the vesting was calculated pursuant to performance criteria for period ending on the last day of January 1, 2022.
  - (3) No shares were sold - these shares were withheld by the issuer to satisfy tax withholding requirements in connection with the vesting of restricted stock units.
  - (4) Reflects the current allocation of shares under the Helios Technologies Inc. 401(k) Retirement Plan.
  - (5) Each RSU represents the right to receive, following vesting, one share of Common Stock.
  - (6) Unless earlier forfeited under the terms of the RSU, 33-1/3% of the awards vest and convert into Common Stock on each anniversary of the grant date.

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

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