

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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 * <u>Fulton Tricia L</u> (Last) (First) (Middle) <u>7456 SIXTEENTH STREET EAST</u> (Street) <u>SARASOTA FL 34243</u> (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol <u>HELIOS TECHNOLOGIES, INC. [HLIO]</u>	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title below) Other (specify below) <u>EVP, Chief Financial Officer</u>
	3. Date of Earliest Transaction (Month/Day/Year) <u>02/28/2023</u>	
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	02/28/2023		M		12,894 ⁽¹⁾	A	\$0.00	67,876.7394	D	
Common Stock	02/28/2023		F		5,074 ⁽²⁾	D	\$54.44	62,802.7394	D	
Common Stock	02/28/2023		M		1,080	A	\$0.00	63,882.7394	D	
Common Stock	02/28/2023		F		425 ⁽³⁾	D	\$67.74	63,457.7394	D	
Common Stock								5,754.826	I	By 401(k) Plan Trust

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						Title
Performance-Based Restricted Stock Units	(1)	02/28/2023		M			12,894	(1)	(1)	Common Stock	12,894	\$0.00	0	D	
Restricted Stock Units	(4)	02/28/2023		M			1,080	(5)	(5)	Common Stock	1,080	\$0.00	0	D	

Explanation of Responses:

1. Acquired performance-based restricted stock units granted to the Reporting Person on February 28, 2020, as determined by the performance period beginning on the first day of the Company's 2020 fiscal year and ending on the last day of the Company's 2022 fiscal year, following subsequent financial approval of the payout percentage for the grant based on performance criteria. The payout percentage for the grant based on performance goals was 199%.
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 December 31, 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. Each RSU represents the right to receive, following vesting, one share of Common Stock.
5. 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.

Remarks:

/s/ Marc Greenberg, Attorney-in-Fact for Tricia L. Fulton 03/02/2023

** 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.