

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* Fulton Tricia L | | 2. Issuer Name and Ticker or Trading Symbol HELIOS TECHNOLOGIES, INC. [HLIO] | | 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) _____ CFO, Interim President and CEO | |
| (Last) (First) (Middle) 1500 WEST UNIVERSITY PARKWAY | | 3. Date of Earliest Transaction (Month/Day/Year) 04/27/2020 | | | |
| (Street) SARASOTA, FL 34243 | | 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 | |
| (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 | | | | | | | | 53,569.49 (1) | D | |
| Common Stock | | | | | | | | 5,688.844 | I (2) | 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) |
|--|--|--------------------------------------|--|--------------------------------|---|---|-----|--|-----------------|---|----------------------------|--|--|--|--|
| | | | | Code | V | (A) | (D) | Date Exercisable | Expiration Date | Title | Amount or Number of Shares | | | | |
| Restricted Stock Units | \$ 0 (3) | 04/27/2020 | | A | | 7,740 | | (4) | (4) | Common Stock | 7,740 | \$ 0 | 7,740 | D | |
| Performance-Based Restricted Stock Units | \$ 0 (5) | | | | | | | (5) | (5) | Common Stock | 6,478 | | 6,478 | D | |
| Restricted Stock Units | \$ 0 (6) | | | | | | | (6) | (6) | Common Stock | 3,239 | | 3,239 | D | |
| Non-qualified Stock Options (right to buy) | \$ 39.75 | | | | | | | (7) | 02/28/2030 | Common Stock | 3,239 | | 3,239 | D | |
| Restricted Stock Units | \$ 0 (8) | | | | | | | (8) | (8) | Common Stock | 3,442 | | 3,442 | D | |
| Performance-based Restricted Stock Units | \$ 0 (9) | | | | | | | (9) | (9) | Common Stock | 5,162 | | 5,162 | D | |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|---|---------------|-----------|--------------------------------|-------|
| | Director | 10% Owner | Officer | Other |
| Fulton Tricia L 1500 WEST UNIVERSITY PARKWAY SARASOTA, FL 34243 | | | CFO, Interim President and CEO | |

Signatures

| | | |
|---|--|---------------------|
| Julio C. Esquivel, as Attorney-in-Fact for TRICIA L. FULTON | | 04/29/2020 |
| <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).

- (1) Includes shares purchased and dividend reinvestment shares through the Helios Technologies, Inc. Employee Stock Purchase Plan (16.7749 during the quarter ended March 28, 2020).
- (2) Reflects allocations of shares under the Helios Technologies Inc. 401(k) Retirement Plan.
- (3) Each RSU represents the right to receive, following vesting, one share of Common Stock.
- (4) Unless earlier accelerated or forfeited under the terms of the RSU, 100% of the awards vest and convert into Common Stock twenty four months from the grant date.
Performance-based restricted stock units granted to the reporting person on 2/28/2020, unless earlier forfeited under the terms of the performance-based RSU, each performance-based RSU
- (5) vests and converts into no more than 200% of one share of Common Stock after the determination of the achievement of the performance goals during the three-year performance period ending on the last day of the Company's fiscal year ending December 31, 2022.
- (6) Restricted stock units granted to reporting person on 2/28/2020, 33-1/3% of the awards vest and convert into Common Stock on each of the first three anniversaries of the grant date.
- (7) Stock Options granted to reporting person on 2/28/2020; unless earlier forfeited under the terms of the Options, 33-1/3% of the options vest and become exercisable on each of the first three anniversaries of the grant date.
- (8) Restricted stock units granted to reporting person on 2/22/2019, 33-1/3% of the awards vest and convert into Common Stock on each of the first three anniversaries of the grant date.
Performance-based restricted stock units granted to the reporting person on 2/22/2019, unless earlier forfeited under the terms of the performance-based RSU, each performance-based RSU
- (9) vests and converts into no more than 150% of one share of Common Stock after the determination of the achievement of the performance goals during the three-year performance period ending on the last day of the Company's fiscal year ending January 1, 2022.

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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