

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) <input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) Chief Financial Officer	
(Last) (First) (Middle) 1500 WEST UNIVERSITY PARKWAY		3. Date of Earliest Transaction (Month/Day/Year) 01/28/2021			
(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)			
Common Stock							48,623.5967	D (1)	
Common Stock							5,716.854	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	\$ 0 (2)	01/28/2021		A	5,853	(2)	(2)	Common Stock	5,853	\$ 0	5,853	D	
Restricted Stock Units	\$ 0 (3)	01/28/2021		A	2,926	(3)	(3)	Common Stock	2,926	\$ 0	2,926	D	
Non-qualified Stock Options (right to buy)	\$ 55.03	01/28/2021		A	2,926	(4)	(4)	Common Stock	2,926	\$ 0	2,926	D	
Restricted Stock Units	\$ 0 (5)					(5)	(5)	Common Stock	7,740		7,740	D	
Performance-Based Restricted Stock Units	\$ 0 (6)					(6)	(6)	Common Stock	6,478		6,478	D	
Restricted Stock Units	\$ 0 (7)					(7)	(7)	Common Stock	3,239		3,239	D	

Non-qualified Stock Options (right to buy)	\$ 39.75							(8)	(8)	Common Stock	3,239		3,239	D
Restricted Stock Units	\$ 0 (9)							(9)	(9)	Common Stock	3,442		3,442	D
Performance-based Restricted Stock Units	\$ 0 (10)							(10)	(10)	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			Chief Financial Officer	

Signatures

Willard A. Blair, as Attorney-in-Fact for TRICIA L. FULTON		02/01/2021
<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) Reflects allocations of shares under the Helios Technologies Inc. 401(k) Retirement Plan.
- Each performance-based Restricted Stock Unit (RSU) represents the right to receive, following vesting, up to 200% of one share of Helios Technologies common stock (Common Stock).
- (2) The number of shares of Common Stock acquired upon vesting of the performance-based RSUs is contingent upon the achievement of pre-established performance metrics, as approved by the Company's Compensation Committee, over a three-year performance period beginning on the first day of the fiscal year of 2021 and ending on the last day of the fiscal year of 2023.
- (3) Each RSU represents the right to receive, following vesting, one share of Common Stock. Unless earlier forfeited under the terms of the RSU, 33-1/3% of the awards vest and convert into Common Stock on each of the first three anniversaries of the grant date.
- (4) 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.
- (5) Each RSU granted to reporting person on 4/27/2020 represents the right to receive, following vesting, one share of Common Stock. Unless earlier accelerated or forfeited under the terms of the RSU granted to reporting person on 4/27/2020, 100% of the awards vest and convert into Common Stock twenty four months from the grant date.
- Each performance-based RSU granted to reporting person on 2/28/2020 represents the right to receive, following vesting, up to 200% of one share of Common Stock. The number of shares of Common Stock acquired upon vesting of the performance-based RSUs is contingent upon the achievement of pre-established performance metrics, as approved by the Company's Compensation Committee, over a three-year performance period beginning on the first day of the fiscal year of 2020 and ending on the last day of the fiscal year of 2022.
- (7) Each RSU granted to reporting person on 2/28/2020 represents the right to receive, following vesting, one share of Common Stock. Unless earlier forfeited under the terms of the RSU, 33-1/3% of the awards vest and convert into Common Stock on each of the first three anniversaries of the grant date.
- (8) 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.
- (9) 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.
- Each performance-based RSU granted to reporting person on 2/22/2019 represents the right to receive, following vesting, up to 150% of one share of Common Stock. The number of shares of Common Stock acquired upon vesting of the performance-based RSUs is contingent upon the achievement of pre-established performance metrics, as approved by the Company's Compensation Committee, over a three-year performance period beginning on the first day of the fiscal year of 2019 and ending on the last day of the fiscal year of 2021.
- (10) shares of Common Stock acquired upon vesting of the performance-based RSUs is contingent upon the achievement of pre-established performance metrics, as approved by the Company's Compensation Committee, over a three-year performance period beginning on the first day of the fiscal year of 2019 and ending on the last day of the fiscal year of 2021.

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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