

To NASDAQ Copenhagen

Reporting of trading in Tryg shares by senior management

22 January 2020

Statement of transactions by members of senior management and their related parties in shares, issued by Tryg and related securities, cf. article 19 of the EU Regulation 596/2014.

Barbara Plucnar Jensen, Johan Kirstein Brammer and Lars Bonde have purchased shares related to the matching shares programme, see Tryg's Remuneration policy.

1.	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Barbara Plucnar Jensen
2.	Reason for notification	
a)	Position/status	Group CFO
b)	Initial notification/ amendment	Initial notification
3.	Details of the issuer	
a)	Name	Tryg A/S
b)	LEI	213800ZRS8AC4LSTCE39
4.	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument	Shares
	Identification code	DK 0060636678
b)	Name of transaction	Purchase
c)	Price(s) and volume(s)	Price(s): DKK 1,679,599 Volume(s): 7,775 shares
d)	Aggregated information - Aggregated volume - Price	
e)	Date of transaction	2020-01-22
f)	Place of transaction	NASDAQ Copenhagen

1.	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Johan Kirstein Brammer
2.	Reason for notification	
a)	Position/status	Group CCO
b)	Initial notification/ amendment	Initial notification
3.	Details of the issuer	
a)	Name	Tryg A/S
b)	LEI	213800ZRS8AC4LSTCE39
4.	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument	Shares
	Identification code	DK 0060636678
b)	Name of transaction	Purchase
c)	Price(s) and volume(s)	Price(s): DKK 2,295,928 Volume(s): 10,628 shares
d)	Aggregated information - Aggregated volume - Price	
e)	Date of transaction	2020-01-22
f)	Place of transaction	NASDAQ Copenhagen

1.	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Lars Bonde
2.	Reason for notification	
a)	Position/status	Group COO
b)	Initial notification/ amendment	Initial notification
3.	Details of the issuer	
a)	Name	Tryg A/S
b)	LEI	213800ZRS8AC4LSTCE39
4.	Details of the transaction(s): section to be repeated for (i) each type of instrument; (ii) each type of transaction; (iii) each date; and (iv) each place where transactions have been conducted	
a)	Description of the financial instrument, type of instrument	Shares
	Identification code	DK 0060636678
b)	Name of transaction	Purchase
c)	Price(s) and volume(s)	Price(s): DKK 2,387,473 Volume(s): 11,052 shares
d)	Aggregated information - Aggregated volume - Price	
e)	Date of transaction	2020-01-22
f)	Place of transaction	NASDAQ Copenhagen

**Further information**

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Tryg is one of the largest non-life insurance companies in the Nordic region with activities in Denmark, Norway and Sweden. Tryg provides peace of mind and value for more than 4 million customers on a daily basis. Tryg is listed on NASDAQ Copenhagen and 60% of the shares are held by TryghedsGruppen smba. TryghedsGruppen, annually, contributes around DKK 600m to peace of mind purposes via TrygFonden.