



To NASDAQ Copenhagen

Reporting of trading in Tryg shares by senior management

14 October 2019

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.

| | | | | |
|----|---|--------------------------|--------------------------|--|
| 1. | Details of the person discharging managerial responsibilities/person closely associated | | | |
| a) | Name | Carl-Viggo Östlund | | |
| 2. | Reason for notification | | | |
| a) | Position/status | Board Member | | |
| 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): Price(s): | DKK 28,800 DKK 32,232 | Volume(s): Volume(s): 150 shares 170 shares |
| d) | Aggregated information - Aggregated volume - Price | 320 shares DKK 61,032 | | |
| e) | Date of transaction | 2019-10-10 | | |
| 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.