



To NASDAQ Copenhagen

Reporting of trading in Tryg shares by senior management

29 January 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.

Morten Hübbe and Lars Bonde have been granted shares related to the matching shares programme from 2015, see Tryg's Remuneration policy. Lars has also sold shares in connection to financing his participation in the matching shares programme.

1.	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Morten Hübbe
2.	Reason for notification	
a)	Position/status	Group CEO
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	Granting
c)	Price(s) and volume(s)	Price(s): DKK 1,181,607 Volume(s): 6,990 shares
d)	Aggregated information - Aggregated volume - Price	
e)	Date of transaction	2019-01-29
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	Granting
c)	Price(s) and volume(s)	Price(s): DKK 541,781 Volume(s): 3,205 shares
d)	Aggregated information - Aggregated volume - Price	
e)	Date of transaction	2019-01-29
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	Sale
c)	Price(s) and volume(s)	Price(s): DKK 846,391 Volume(s): 5,000 shares
d)	Aggregated information - Aggregated volume - Price	
e)	Date of transaction	2019-01-29
f)	Place of transaction	NASDAQ Copenhagen

Further information

Visit tryg.com or contact Investor Relations:

Investor Relations Officer, Gianandrea Roberti. Telephone +45 20 18 82 67 or

e-mail gianandrea.roborti@tryg.dk

Investor Relations Manager, Peter Brondt. Telephone +45 22 75 89 04 or

e-mail peter.brondt@tryg.dk



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.