

To NASDAQ Copenhagen

10 October 2025

Reporting of trading in Tryg shares by senior management

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.

Tryg has been notified that the transactions reported has been carried out for the purpose of transferring shares for pension planning purposes.

1.	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Johan Kirstein Brammer
2.	Reason for notification	
a)	Position/status	CEO
b)	Initial notification/ amendment	Initial notification
3.	Details of the issuer	
a)	Name	Tryg A/S
b)	LEI	213800ZRS8AC4LSTCE39
4.A	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	DK0061534534
b)	Name of transaction	Transfer of shares from private custodian account to pension scheme custodian account
c)	Price(s) and volume(s)	Price(s): DKK 165.50 per share Volume(s): 5,370
d)	Aggregated information - Aggregated volume - Price	5,370 shares DKK 888,735
e)	Date of transaction	10.10.2025
f)	Place of transaction	Outside a trading venue (XOFF)

1.	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Lars Bonde
2.	Reason for notification	
a)	Position/status	COO
b)	Initial notification/ amendment	Initial notification
3.	Details of the issuer	
a)	Name	Tryg A/S
b)	LEI	213800ZRS8AC4LSTCE39
4.A	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	DK0061534534
b)	Name of transaction	Transfer of shares from private custodian account to pension scheme custodian account
c)	Price(s) and volume(s)	Price(s): DKK 165.50 per share Volume(s): 3,890
d)	Aggregated information - Aggregated volume - Price	3,890 shares DKK 643,795
e)	Date of transaction	10.10.2025
f)	Place of transaction	Outside a trading venue (XOFF)

1.	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Allan Kragh Thaysen
2.	Reason for notification	
a)	Position/status	CFO
b)	Initial notification/ amendment	Initial notification
3.	Details of the issuer	
a)	Name	Tryg A/S
b)	LEI	213800ZRS8AC4LSTCE39
4.A	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	DK0061534534
b)	Name of transaction	Transfer of shares from private custodian account to pension scheme custodian account
c)	Price(s) and volume(s)	Price(s): DKK 165.50 per share Volume(s): 2,416
d)	Aggregated information - Aggregated volume - Price	2,416 shares DKK 399,848
e)	Date of transaction	10.10.2025
f)	Place of transaction	Outside a trading venue (XOFF)

1.	Details of the person discharging managerial responsibilities/person closely associated	
a)	Name	Alexandra Bastkær Winther
2.	Reason for notification	
a)	Position/status	CCO
b)	Initial notification/ amendment	Initial notification
3.	Details of the issuer	
a)	Name	Tryg A/S
b)	LEI	213800ZRS8AC4LSTCE39
4.A	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	DK0061534534
b)	Name of transaction	Transfer of shares from private custodian account to pension scheme custodian account
c)	Price(s) and volume(s)	Price(s): DKK 165.50 per share Volume(s): 1,450
d)	Aggregated information - Aggregated volume - Price	1,450 shares DKK 239,975
e)	Date of transaction	10.10.2025
f)	Place of transaction	Outside a trading venue (XOFF)

Further information

Visit tryg.com or contact Investor Relations:

Head of Financial Reporting, SVP Gianandrea Roberti. Telephone +45 20 18 82 67 or
e-mail gianandrea.roberti@tryg.dk

Head of Investor Relations, Robin Hjelgaard Løfgren. Telephone +45 41 86 25 88 or
e-mail robin.loefgren@tryg.dk