



To Nasdaq OMX Copenhagen

Statement of transactions
Reporting of trading in Tryg shares by insiders

3 February 2014

Statement of transactions by members of senior management and their related parties in shares, issued by Tryg and related securities, cf. section 28a of the Danish Securities Trading Act.

The statement is based on reports received by Tryg from members of its senior management:

| | |
|---|-----------------------|
| Name | Morten Hübbe |
| Senior management employee's position: | Group CEO |
| Relationship with senior management employee (related party): | |
| ISIN code: | DK 0060013274 |
| Type of security (e.g. share, option): | Option |
| Nature of transaction (purchase, sale, other): | Exercise |
| Trading date: | 31 January 2014 |
| Market in which the transaction was executed: | Nasdaq OMX Copenhagen |
| Number of securities traded: | 11,690 |
| Market value (DKK) of securities traded: | 3,347,315 |

| | |
|---|--|
| Name | Lars Bonde |
| Senior management employee's position: | Group Executive Vice President and COO |
| Relationship with senior management employee (related party): | |
| ISIN code: | DK 0060013274 |
| Type of security (e.g. share, option): | Option |
| Nature of transaction (purchase, sale, other): | Exercise |
| Trading date: | 31 January 2014 |
| Market in which the transaction was executed: | Nasdaq OMX Copenhagen |
| Number of securities traded: | 6,376 |
| Market value (DKK) of securities traded: | 1,825,704 |

| | |
|---|--------------------------------|
| Name | Rikke Larsen |
| Senior management employee's position: | Group Executive Vice President |
| Relationship with senior management employee (related party): | |
| ISIN code: | DK 0060013274 |
| Type of security (e.g. share, option): | Option |
| Nature of transaction (purchase, sale, other): | Exercise |
| Trading date: | 31 January 2014 |
| Market in which the transaction was executed: | Nasdaq OMX Copenhagen |
| Number of securities traded: | 2,716 |
| Market value (DKK) of securities traded: | 1,423,184 |

| | |
|---|--------------------------------|
| Name | Truls Holm Olsen |
| Senior management employee's position: | Group Executive Vice President |
| Relationship with senior management employee (related party): | |
| ISIN code: | DK 0060013274 |
| Type of security (e.g. share, option): | Option |
| Nature of transaction (purchase, sale, other): | Exercise |
| Trading date: | 31 January 2014 |
| Market in which the transaction was executed: | Nasdaq OMX Copenhagen |
| Number of securities traded: | 6,376 |
| Market value (DKK) of securities traded: | 1,825,704 |

Executives have exercised their options granted in 2009, as this is the last opportunity to take advantage of these option rights. More details about options in note 7 on page 89 in the annual report 2013.

Further information

For further information visit tryg.com or contact Investor Relations:

Investor Relations Director

Lars Møller. Telephone +45 22 66 66 05 or e-mail lars.moeller@tryg.dk

Investor Relations Manager

Peter Brondt. Telephone +45 22 75 89 04 or e-mail peter.brondt@tryg.dk