



To NASDAQ Copenhagen

Statement of transactions

29 January 2015

Reporting of trading in Tryg shares by insiders

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):	Share
Nature of transaction (purchase, sale, other):	Purchase
Trading date:	28 January 2015
Market in which the transaction was executed:	NASDAQ Copenhagen
Number of securities traded:	1,406
Market value (DKK) of securities traded:	1,112,252

Name	Thermopylae AS, related to Tor Magne Lønnum
Senior management employee's position:	Group CFO
Relationship with senior management employee (related party):	Legal entity in which the undersigned or one of the persons mentioned in s. 28a, subs. 4, nos. 1-3 of the Danish Securities Trading Act exercises a decisive influence in accordance with s. 28a, subs. 4, no. 4 of the Danish Securities Trading Act.
ISIN code:	DK 0060013274
Type of security (e.g. share, option):	Share
Nature of transaction (purchase, sale, other):	Purchase
Trading date:	28 January 2015
Market in which the transaction was executed:	NASDAQ Copenhagen
Number of securities traded:	830
Market value (DKK) of securities traded:	651,470

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):	Share
Nature of transaction (purchase, sale, other):	Purchase
Trading date:	28 January 2015
Market in which the transaction was executed:	NASDAQ Copenhagen
Number of securities traded:	647
Market value (DKK) of securities traded:	506,214

Executives have purchased share as part of the matching shares programme, see Tryg's Remuneration policy.

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:	29 January 2015
Market in which the transaction was executed:	NASDAQ Copenhagen
Number of securities traded:	14,682
Market value (DKK) of securities traded:	4,008,480

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:	29 January 2015
Market in which the transaction was executed:	NASDAQ Copenhagen
Number of securities traded:	8,008
Market value (DKK) of securities traded:	2,186,344

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:	29 January 2015
Market in which the transaction was executed:	NASDAQ Copenhagen
Number of securities traded:	8,008
Market value (DKK) of securities traded:	2,186,344

Executives have exercised their options granted in 2010, as this is the last opportunity to take advantage of these option rights. More details about options in note 6 on page 66 in the annual report 2014.

Further information

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