



Fidelity & Guaranty Life Declares Quarterly Dividend and Announces Details for the 2016 Annual Shareholders Meeting

DES MOINES, Iowa, August 1, 2016 – Fidelity & Guaranty Life (NYSE: FGL), announced today that its Board of Directors has declared a quarterly dividend of \$0.065 per share. The dividend is payable on September 6, 2016 to shareholders of record as of the close of business on August 22, 2016.

In addition, FGL today announced that the board of directors has established August 8, 2016 as the record date for determining shareholders entitled to vote at the annual shareholders meeting, which will be held on Friday, September 30, 2016, at 10:00 a.m. Central Time at Two Ruan Center, 601 Locust Street, Des Moines, IA 50309.

About Fidelity & Guaranty Life

Fidelity & Guaranty Life, an insurance holding company, helps middle-income Americans prepare for retirement. Through its subsidiaries, the company offers fixed annuity and life insurance products distributed by independent agents through an established network of independent marketing organizations. Fidelity & Guaranty Life is headquartered in Des Moines, Iowa, and trades on the New York Stock Exchange under the ticker symbol FGL. For more information, please visit www.fglife.com.

Investor Contact:

Lisa Foxworthy-Parker

Fidelity & Guaranty Life

Investor.Relations@fglife.com

515-330-3307

Media Contact:

Sard Verbinnen & Co

Jamie Tully or David Millar

212-687-8080

Source: Fidelity & Guaranty Life