



NOTICE AND ACCESS NOTIFICATION FOR THE ANNUAL AND SPECIAL MEETING OF SHAREHOLDERS

You are receiving this notification because MEG Energy Corp. (the “Corporation”) has decided to use the notice and access model for the delivery of meeting materials to our shareholders who do not hold their common shares in their own name (beneficial shareholders) in respect of our upcoming annual and special meeting to be held on June 17, 2020 (the “Meeting”). Under notice and access, beneficial shareholders will receive a voting instruction form (“VIF”) enabling them to vote at the Meeting. However, instead of receiving a paper copy of the management information circular (the “Circular”), beneficial shareholders receive this notification explaining how to access the Circular electronically. Registered shareholders and beneficial shareholders who have previously provided standing instructions will receive a paper copy of the notice of meeting, the Circular and a form of proxy or voting instruction from (“VIF”) (as applicable).

Adopting notice and access to deliver materials is more environmentally friendly and reduces costs for printing and mailing. **Beneficial shareholders with questions about notice and access can call toll-free at 1.855.887.2244.**

MEETING DATE AND LOCATION

WHEN: Wednesday, June 17, 2020 at 3:00 p.m. (Calgary time)
WHERE: Virtual only meeting via live audio webcast online at
<https://web.lumiagm.com/160406352>

MATTERS TO BE VOTED ON AT THE MEETING

1. **Election of Directors:** Shareholders will be asked to elect the directors of the Corporation for the ensuing year. Information respecting this matter can be found in the Circular under “*Business of the Annual and Special Meeting – Election of Directors*”;
2. **Appointment of Auditor:** Shareholders will be asked to re-appoint PricewaterhouseCoopers LLP as auditors of the Corporation for the ensuing year and to authorize the board of directors of the Corporation to fix their remuneration, as described in the Circular under “*Business of the Annual and Special Meeting – Appointment of Auditor*”;
3. **Continuation of Shareholder Rights Plan:** Shareholders will be asked to consider and, if thought advisable, approve an ordinary resolution to ratify the continuation of the Corporation’s amended and restated shareholder rights plan for a further three-year period, as described in the Circular under “*Business of the Annual and Special Meeting – Approval of Continuation of Shareholder Rights Plan*”;
4. **Say on Pay:** To approve, in an advisory, non-binding capacity, a resolution to accept the Corporation’s approach to executive compensation, as described in the Circular under “*Business of the Annual and Special Meeting – Say on Pay*”; and
5. **Other Business:** To transact such other business as may properly come before the Meeting or any adjournment thereof. Information on the use of discretionary authority to vote on other business is found in the Circular under “*Business of the Annual and Special Meeting – Other Business*”.

SHAREHOLDERS ARE REMINDED TO REVIEW THE CIRCULAR PRIOR TO VOTING

HOW TO ACCESS MEETING MATERIALS (CIRCULAR AND RELATED MATERIALS)

Meeting materials can be viewed online at www.megenergy.com or under the Corporation’s profile on SEDAR at www.sedar.com.

HOW TO OBTAIN PAPER COPIES OF THE MEETING MATERIALS

Beneficial shareholders may request paper copies of the Circular be sent to them at no cost to them. Requests may be made up to one year from the date the Circular was filed on SEDAR by:

- Visiting: www.proxyvote.com and entering the 16-digit control number located on the enclosed VIF
- Calling: 1.877.907.7643 (within North America) and entering the 16-digit control number located on the enclosed VIF

If you do not have a control number, please call toll-free at 1.855.887.2243 or 1.905.507.5450 (outside of North America).

In order to allow reasonable time for a beneficial shareholder to receive and review a paper copy of the meeting materials and to vote their common shares, any beneficial shareholder wishing to request paper copies as described above, should ensure that such request is received by 3:00 p.m. (Calgary time) on June 4, 2020.

HOW TO VOTE

This year, in light of COVID-19, the Corporation will be holding the Meeting in a virtual-only format which will be conducted via live audio webcast. Shareholders will have an equal opportunity to participate in the Meeting regardless of their geographic location. Registered shareholders, and duly appointed proxyholders, will be able to attend the Meeting, submit questions, and vote, all in real time, provided they are connected to the internet and comply with all of the requirements set out in the Circular. Beneficial shareholders who have not duly appointed themselves as proxyholder, will be able to attend the meeting as guests but will not be able to vote or submit questions at the Meeting.

Beneficial Shareholders are asked to return their VIFs using one of the following methods by the date and time set out in the accompanying VIF:

	<u>CANADA</u>	<u>UNITED STATES</u>
INTERNET	www.proxyvote.com	www.proxyvote.com
TELEPHONE:	1.800.474.7493 (English) 1.800.474.7501 (French)	1.800.454.8683
MAIL:	Data Processing Centre PO Box 3700, Stn. Industrial Park Markham, ON L3R 9Z9	Proxy Services PO Box 9104 Farmingdale, New York 11735-9533

For more information on how to attend, participate in, or vote at the meeting, please refer to the Circular.

NOTE: You cannot use this notice to vote. If you request a paper copy of the meeting materials, you will not receive a new VIF; please retain the enclosed VIF for voting purposes.

Shareholders with questions about notice and access can call toll-free at 1.855.887.2244.