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FOR IMMEDIATE RELEASE

**JOHN HANCOCK HEDGED EQUITY & INCOME FUND
REQUIRED NOTICE TO SHAREHOLDERS – SOURCES OF DISTRIBUTION
UNDER SECTION 19(a)**

BOSTON, MA (September 30, 2013) – John Hancock Hedged Equity & Income Fund (NYSE: HEQ) (the “Fund”), a closed-end fund managed by John Hancock Advisers, LLC (the “Adviser”) and subadvised by Wellington Management Company, LLP (the “Subadviser”), announced today sources of its quarterly distribution of \$0.3230 per share payable today to all shareholders of record as of September 13, 2013, which is being paid pursuant to the Fund’s managed distribution plan in effect on the date of the declaration. As announced earlier today, the Fund’s managed distribution plan has been amended effective with the quarterly distribution payable on December 31, 2013.

This press release is issued as required by an exemptive order granted to the Fund by the U.S. Securities and Exchange Commission.

This notice provides shareholders of the John Hancock Hedged Equity & Income Fund (NYSE: HEQ) with important information concerning the distribution declared on September 3, 2013 and payable on September 30, 2013. No action is required on your part.

Distribution Period: September 2013
Distribution Amount Per Common Share: \$0.3230

The following table sets forth the estimated sources of the current distribution, payable September 30, 2013, and the cumulative distributions paid this fiscal year to date from the following sources: net investment income; net realized short term capital gains; net realized long term capital gains; and return of capital or other capital source. All amounts are expressed on a per common share basis and as a percentage of the distribution amount.

Source	Current Distribution (\$)	% Breakdown of the Current Distribution	Total Cumulative Distributions for the Fiscal Year to Date (\$) ¹	% Breakdown of the Total Cumulative Distributions for the Fiscal Year to Date ¹
Net Investment Income	0.0330	10%	0.1006	10%
Net Realized Short Term Capital Gains	0.0000	0%	0.0000	0%
Net Realized Long Term Capital Gains	0.2900	90%	0.3692	38%
Return of Capital or Other Capital Source	0.0000 ²	0% ²	0.4992 ²	52% ²
Total per common share	0.3230	100%	0.9690	100%

Average annual total return (in relation to NAV) for the period commencing on May 26, 2011 and ending on August 30, 2013

6.60%

¹ The Fund’s current fiscal year began on January 1, 2013, and will end on December 31, 2013.

² On a tax basis, the estimated components of the current distribution and cumulative distribution would include an estimated return of capital of \$0.2907 (90%) and \$0.8721 (90%), respectively.

Annualized current distribution rate expressed as a percentage of NAV as of August 30, 2013	6.87%
Cumulative total return (in relation to NAV) for the fiscal year through August 30, 2013	11.31%
Cumulative fiscal year to date distribution rate expressed as a percentage of NAV as of August 30, 2013	5.15%

You should not draw any conclusions about the Fund's investment performance from the amount of this distribution or from the terms of the Fund's managed distribution plan.

The Fund estimates that it has distributed more than its income and net realized capital gains; therefore, a portion of your distribution may be a return of capital. A return of capital may occur, for example, when some or all of the money that you invested in the Fund is paid back to you. A return of capital distribution does not necessarily reflect the Fund's investment performance and should not be confused with "yield" or "income."

The amounts and sources of distributions reported in this Notice are only estimates and are not being provided for tax reporting purposes. The actual amounts and sources of the amounts for tax reporting purposes will depend upon the Fund's investment experience during the remainder of its fiscal year and may be subject to changes based on tax regulations. The Fund will send you a Form 1099-DIV for the calendar year that will tell you how to report these distributions for federal income tax purposes.

The Fund has declared the September 2013 distribution pursuant to the Fund's managed distribution plan in effect on the date of the declaration (the "Plan"). Under the Plan, the quarterly distributions equal to \$0.3230 per share, based upon an annual distribution rate of 7.25% of the Fund's net asset value ("NAV") of \$17.82 on July 31, 2012 (representing a quarterly distribution rate of 1.8125% of the Fund's July 31, 2012 NAV).

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If you have questions or need additional information, please contact your financial professional or call the John Hancock Funds Closed-End Fund Information Line at 1-800-843-0090, Monday through Friday between 8:00 a.m. and 7:00 p.m., Eastern Time.

Statements in this press release that are not historical facts are forward-looking statements as defined by the United States securities laws. You should exercise caution in interpreting and relying on forward-looking statements because they are subject to uncertainties and other factors which are, in some cases, beyond the Fund's control and could cause actual results to differ materially from those set forth in the forward-looking statements.

An investor should consider a Fund's investment objectives, risks, charges and expenses carefully before investing.

Wellington Management Company, LLP is an independent and unaffiliated investment sub-adviser to John Hancock Hedged Equity & Income Fund.

About John Hancock Investments

John Hancock Investments provides asset management services to individuals and institutions through a unique manager-of-managers approach. We combine unbiased asset management with vigorous investment oversight to offer investors a deeper level of diversification and proven results across asset classes. A wealth management business of John Hancock Financial, we managed nearly \$100 billion in assets as of June 30, 2013, across mutual funds, college savings plans, and retirement plans.

About John Hancock Financial and Manulife Financial

John Hancock Financial is a division of Manulife Financial, a leading Canada-based financial services group with principal operations in Asia, Canada and the United States. Operating as Manulife Financial in Canada and Asia, and primarily as John Hancock in the United States, the Company offers clients a diverse

range of financial protection products and wealth management services through its extensive network of employees, agents and distribution partners. Funds under management by Manulife Financial and its subsidiaries were C\$567billion (US\$539 billion) at June 30, 2013. Manulife Financial Corporation trades as 'MFC' on the TSX, NYSE and PSE, and under '945' on the SEHK. Manulife Financial can be found on the Internet at manulife.com.

The John Hancock unit, through its insurance companies, comprises one of the largest life insurers in the United States. John Hancock offers and administers a broad range of financial products, including [life insurance](#), [annuities](#), fixed products, [mutual funds](#), [401\(k\) plans](#), [long-term care insurance](#), [college savings](#), and other forms of business insurance. Additional information about John Hancock may be found at johnhancock.com.