

UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
 WASHINGTON, D.C. 20549  
 FORM 4

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

( ) Check this box if no longer subject to Section 16.  
 Form 4 or Form 5 obligations may continue. See Instructions 1(b).

1. Name and Address of Reporting Person

Jones, Jr., David A.  
 400 W. Market  
 Suite 1610  
 Louisville, KY 40202  
 USA

2. Issuer Name and Ticker or Trading Symbol

Humana Inc.  
 HUM

3. IRS or Social Security Number of Reporting Person (Voluntary)

404-64-6922

4. Statement for Month/Year

November 1996

5. If Amendment, Date of Original (Month/Year)

6. Relationship of Reporting Person(s) to Issuer (Check all applicable)

(X) Director ( ) 10% Owner ( ) Officer (give title below) ( ) Other  
 (specify below)

Vice Chairman of the Board of Directors

7. Individual or Joint/Group Filing (Check Applicable Line)

(X) Form filed by One Reporting Person  
 ( ) Form filed by More than One Reporting Person

1. Title of Security	2. Transaction Date	3. Transaction Code	4. Securities Acquired (A) or Disposed of (D) Amount	5. Amount of Securities Beneficially Owned at End of Month	6. Director (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership
Common (1)				174,566	D	
Common (1)				72	I	Spouse
Common (1)				1,300	I	By Son (3)
Common (1)				1,300	I	By Daughter (4)
Common (1)				300	I	IRA (5)

1. Title of Derivative Security	2. Conversion or Exercise Date	3. Transaction Code	4. Derivative Securities Acquired (A) or Disposed of (D) Amount	5. Number of Derivative Securities Acquired (A) or Disposed of (D) Amount	6. Date of Exercise or Expiration (Month/Day/Year)	7. Title and Amount of Underlying Securities	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned at End of Month	10. Director (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership
Option (2)	10.6875									
Option (2)	10.6875									
Option (2)	10.6875									
Option (2)	22.4375									
Option (2)	26.9375									
Option (6)	19.3125	11/14/96	A	V28,334	A	11/14/11/14/97	Common (1) 28,334	28,334	D	
Option (6)	19.3125	11/14/96	A	V28,333	A	11/14/11/14/98	Common (1) 28,333	28,333	D	
Option (6)	19.3125	11/14/96	A	V28,333	A	11/14/11/14/99	Common (1) 28,333	28,333	D	

Explanation of Responses:

(1) Each share of Common Stock contains a Right adopted on March 5, 1987, as amended and restated on February 14, 1996, pursuant to the Company's Rights Agreement, which entitles holders of the Company's

Common Stock, in the event certain specified events occur, to acquire 1/100 of a share of Series A Participating Preferred Stock at a price of \$145 per fractional share.

(2) Right to buy pursuant to the Company's 1989 Stock Option Plan for Non-Employee Directors

(3) Shares held by spouse as custodian for son

(4) Shares held by spouse as custodian for daughter

(5) Shares held by Individual Retirement Account (IRA)

(6) Right to buy pursuant to the Company's 1996 Stock Incentive Plan for Employees