

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

Zacharias, Tod J.
 Employers Health Insurance Company
 1100 Employers Boulevard
 Green Bay, WI 54344
 USA

2. Issuer Name and Ticker or Trading Symbol

Humana Inc.
 HUM

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

4. Statement for Month/Year

November 30, 1997

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

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

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

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)	8/14/97	P	1,000	A \$23.125		
Common (1)	9/26/97	P	1,000	A \$23.187		
Common (1)	10/31/97	P	1,000	A \$21.125	4,000	D
Common (1)	9/30/97	I	5,127.87	A (5)	8,260.48	I HRSP(2)

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date	4. Transaction Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D) Amount	6. Date Exercisable or Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities	8. Price of Underlying Security	9. Number of Derivative Securities	10. Price of Derivative Security	11. Nature of Indirect Beneficial Ownership
Option (4)	22.625				11/16/97	11/16/05 Common (1)	6,250	6,250	6,250	D
Option (3)	22.625				11/16/98	11/16/05 Common (1)	6,250	6,250	6,250	D
Option (3)	22.625				11/16/99	11/16/05 Common (1)	6,250	6,250	6,250	D
Option (3)	22.625				11/16/00	11/16/05 Common (1)	6,250	6,250	6,250	D
Option (4)	19.1875				8/12/97	8/12/06 Common (1)	20,000	20,000	20,000	D
Option (4)	19.1875				8/12/98	8/12/06 Common (1)	20,000	20,000	20,000	D
Option (4)	19.1875				8/12/99	8/12/06 Common (1)	20,000	20,000	20,000	D
Option (4)	18.8125				1/9/98	1/9/00 Common (1)	13,334	13,334	13,334	D
Option (4)	18.8125				1/9/99	1/9/00 Common (1)	13,333	13,333	13,333	D
Option (4)	18.8125				1/9/00	1/9/00 Common (1)	13,333	13,333	13,333	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 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) Shares held for my benefit as of October 31, 1997, under the Humana Retirement and Savings Plan ("HRSP") exempt under Rule 16b-3(c).

(3) Right to buy pursuant to the Company's 1989 Stock Option Plan for Employees.

(4) Right to buy pursuant to the Company's 1996 Stock Incentive Plan.

(5) Transfer of funds into Company Stock Fund of the Humana Retirement and Savings Plan based on Plan information as of October 31, 1997, exempt under Rule 16b-3(f) at prices ranging from \$21.82 to \$24.699.