

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

Nelson, David R.
 500 West Main Street
 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)

4. Statement for Month/Year

January 1997

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

January 1997

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

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

Vice President-Risk Management

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

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

Table I -- Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security	2. Transaction Date	3. 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)				0	D	
Common (1)	1/30/97	I	2352.9	3745.1	I	HRSP (2)

Table II -- Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative	3. Transaction Date	4. Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D) Amount	6. Date Exercisable and Expiration Date	7. Title and Amount of Underlying Securities	8. Price of Derivative Security	9. Number of Derivative Securities	10. Director (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership
Option (3)	22.625				11/16/97-11/16/05	Common (1)	2,500	2,500	D	
Option (3)	22.625				11/16/98-11/16/05	Common (1)	2,500	2,500	D	
Option (3)	22.625				11/16/99-11/16/05	Common (1)	2,500	2,500	D	
Option (3)	22.625				11/16/00-11/16/05	Common (1)	2,500	2,500	D	
Option (4)	19.1875				8/12/97-8/12/06	Common (1)	30,000	30,000	D	
Option (4)	19.1875				8/12/98-8/12/06	Common (1)	30,000	30,000	D	
Option (4)	19.1875				8/12/99-8/12/06	Common (1)	30,000	30,000	D	
Option (4)	18.8125	1/9/97	A	V	1/9/98-1/9/00	Common (1)	25,000	25,000	D	
Option (4)	18.8125	1/9/97	A	V	1/9/99-1/9/00	Common (1)	25,000	25,000	D	
Option (4)	18.8125	1/9/97	A	V	1/9/00-1/9/00	Common (1)	25,000	25,000	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 1/100th 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 December 31, 1996 under the Humana
Retirement & 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 February 28, 1997, exempt under Rule 16b-3(f) (corrected
amount).