

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, David A.  
 500 W. Main St.  
 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)

401-36-5255

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 (X) Officer (give title below) ( ) Other  
 (specify below)

Chairman of the Board and Chief Executive Officer

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. Code	4. Securities Acquired (A) or Disposed of (D) Amount	5. Price	6. Amount of Securities Beneficially Owned at End of Month	7. Nature of Indirect Beneficial Ownership (D or I)
Common (1)	11/25/96	G	300			
Common (1)	11/20/96	P	90,000	18.75		
Common (1)	11/20/96	P	10,000	18.625		
Common (1)	11/21/96	P	100,000	18.375	4,314,206	D
Common (1)					600,912	I   Wife
Common (1)					1,424,418	I   Trust (2)
Common (1)					270,151.7	I   HRSP (3)
Common (1)					2,676,951	I   FLP (4)
					216,815	I   Trust (5)
					0	I   Trust (6) (7)

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative	3. Transaction Date	4. Derivative Securities Acquired (A) or Disposed of (D) Amount	5. Number of Derivative Securities	6. Date Exercisable and Expiration Date	7. Title and Amount of Underlying Securities	8. Price of Derivative Security	9. Number of Derivative Securities	10. Nature of Indirect Beneficial Ownership (D or I)
Option (8)	19.3125	11/14/96	300,000	300,000	11/14/97 - 11/14/06	Common (1) 300,000	300,000	300,000	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 of 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 in 1991 Trust of which I am settlor and trustee with investment and voting power. The Trust is for my benefit and the benefit of family members.

(3) Shares held for my benefit as of October 31, 1996 under the Humana Retirement and Savings Plan ("HRSP") exempt under Rule 16b-3.

(4) Shares held by Family Limited Partnership ("FLP") of which my wife and I are General Partners and Trusts established by each of us are Limited Partners, together with a Family Charitable Foundation. I disclaim beneficial ownership of Company stock held by the FLP except to the extent of my pecuniary interest.

(5) Shares held in 1996 Trust of which I am settlor and trustee with investment and voting power. The trust is for my benefit and the benefit of family members.

(6) Shares held in 1995 Trust of which Betty A. Jones is settlor and Trustee with investment and voting power. The trust is for her benefit and the benefit of family members.

(7) Shares held in 1995 Trust of which I am settlor and Trustee with investment and voting power. The trust is for my benefit and the benefit of family members.

(8) Right to Buy pursuant to Company's 1996 Stock Incentive Plan for Employees