

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)

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)

(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. Amount of Securities Beneficially Owned at End of Month Price	6. Director (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership
Common (1)	11/6/97	J(10)V(1)	70,129			
Common (1)	11/17/97	G(V)	200	5,668,478	D	
Common (1)	11/6/97	J(10)V(1)	1,314	826,719	I	Wife
Common (1)				1,168,098	I	Trust(2)
Common (1)				270,605	I	HRSP(3)
Common (1)				1,329,455	I	FLP(4)
Common (1)				309,680	I	Trust(5)
Common (1)	11/6/97	J(10)V(1)	71,682	228,318	I	FLP(6)
Common (1)	11/6/97	J(10)V(1)	69,054		I	
	11/6/97	J(10)V(1)	69,054	0	I	Trust(9)

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date	4. Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D) Amount	6. Date Exercisable and Expiration Date (Month/Day/Year)	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 (7)	19.3125				11/14/97 - 11/14/06	Common (1)	300,000	300,000	D	
Option (7)	18.8125				01/09/98 - 01/09/07	Common (1)	56,667	56,667	D	
Option (7)	18.8125				01/09/99 - 01/09/07	Common (1)	56,667	56,667	D	
Option (7)	18.8125				01/09/00 - 01/09/07	Common (1)	56,666	56,666	D	
Phantom Stock Units (8)	1-for-1				(8) (8)	Common (1)	39,411.9	39,411.9	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 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, 1997, 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 by 96 A/J Family Limited Partnership ("FLP-96") of which my wife and I are General Partners, and together with a Family Charitable Foundation are Limited Partners. I disclaim beneficial ownership of Company stock held by the FLP-96 except to the extent of my pecuniary interest.

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

(8) Phantom stock units held for my benefit as of October 31, 1997, under the Humana Excess Plans exempt under Rule 16b-3(d).

(9) Shares held by 1996 A/J 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.

(10) Exempt transfers to and from various family trusts and partnerships as listed herein.