

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

Noland, Jr., Thomas T.
 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

July 31, 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 of Corporate Communications

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 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)				12,500	I	Custodian for Children
Common (1)				32	I	Wife as Cust. for Children
Common (1)				1,056	I	Wife
Common (1)				5293.4	I	HRSP (2)
Common (1)				2048.4	I	HRSP - Wife (2)

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

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 Beneficially Owned at End of Month	10. Director (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership
Option (3)	\$23.4375	7-10-1997	A	1	7-10-1999	7-10-2007 Common (1)	12,500	12,500	D	
Option (3)	\$23.4375	7-10-1997	A	1	7-10-2000	7-10-2007 Common (1)	12,500	12,500	D	
Option (3)	\$23.4375	7-10-1997	A	1	7-10-2001	7-10-2007 Common (1)	12,500	12,500	D	
Option (3)	\$23.4375	7-10-1997	A	1	7-10-2002	7-10-2007 Common (1)	12,500	12,500	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 the benefit of myself and my wife as of June 30, 1997, under the Humana Retirement and

Savings Plan ("HRSP") exempt under Rule
16b-3.

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