UNITED STATES OMB APPROVAL									PROVAL						
SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549								c	OMB Number 3235-0101						
			F	ORM 144	Ļ					E	Expires: August 31, 2003				
											Estimated average burden hours per response2.0				
NOTICE OF PROPOSED SALE OF SECURITIES SEC USE ONLY											USE ONLY				
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933												BEQUENCE NO.			
ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing directly with a market maker										sale					
											WORK LOCATION				
1 (a) NAME OF I Humana Inc.	SSUER (Please typ	e or print)								(b) IRS 61-0647	IDENT. N 538		(c) S.E.C. FILE NO. 1-5975		
1 (d) ADDRESS	OF ISSUER STREE	T CITY STATE ZIP C	ODE												
500 West Main Str	eet, Louisville, KY 4	0202									(e)	TELEPI	IONE		
										AREA CODE 502			NUMBERS 580-1000		
2(a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD (b) IRS IDENT. NO. (c) RELATIONSHIP TO ISSUER Chairman of the Board (d) ADDRESS STREE 500 W. Main West Louisville, KY 40202							West	T CITY STATE ZIP CODE							
	INSTRUCTION	: The person filing	this notice	should co	ntact the iss	uer to obtain the	I.R.S. ide	entification N	umber and	the S.E.C	C. File Nu	mber			
(a) Class of Each Broker Securities To Be Sold Offered or E		lame and Address of Broker Through whom ecurities Are To Be ed or Each Market Maker is Acquiring the		(c) Num Shares o Units To Sold (Se (c))	or Other	Market Value	(d) Aggregate Market Value (See Instr. 3(d)		(e) Number of Shares or Other Units Outstanding (See Instr. 3(e))		eroximate str. 3(f) VY YR.)	Date (g) Name of Each Securities Exchange (See instr. 3 (g))	Each Securities Exchange		
	Securities		Broker- Dealer File Number												
Common	ommon Smith 4 World Financial Center-5 th Floor New York, NY 10080			152,808		\$2,733,735. (Based on FM 9/2/03 of \$17.	V on			September 3, 2003		3,	NYSE		
INSTRUCTIONS:	I			3. (a)) Title of the	class of securities	to be sol	d	I				1		
1. (a) Name of Is (b) Issuer's I.R	suer .S. Identification Nu	mber				Address of each br		-							
(c) Issuer's S.E	C. file number, if a	ny				shares or other uni market value of the) r to the filing of this		
	Iress, including zip (notice		of shares or othe	er units o	of the class o	utstanding.	or if deb	t securitie	is the f	ace amount thereof		
(e) Issuer's tele	phone number, incl	uding area code		outst	anding, as sl	hown by the most i	recent rep	ort or statemer	nt published						
						e date on which the				are inten	ded to be	sold			
	erson for whose acc		(g) Name of each securities exchange, if any, on which the securities are intended to be sold												
(b) Such person's I.R.S. identification number, if such person is an entity															
(c) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing															
(d) Such person's address, including zip code					<u> </u>										
				_											
Form 144													Page 1 of 2		
	TABLE - SECURITIES TO BE SOLD Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor.														
Title of the Class	Date you Acquired	Nature of Acq Transacti				on from Whom also give date quired	Se	nount of curities cquired	Date of Payment Nature of Payment						
Common	ommon 7/22/93 Open Market Purchase Through Broker Transaction 152,808(1)						7/22/93		Cash						

1. If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

2. If within two years after the acquisition of the securities the person for whose account they are to be sold had any short positions, put or other option to dispose of securities referred to in paragraph (d)(3) of Rule 144, furnish full information with respect thereto.

TABLE II - SECURITIES SOLD DURING THE PAST 3 MONTHS (1) Furnish the following information as to all securities of the issuer sold During the past 3 months by the person for whose account the securities are to be sold.										
Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds						
David A. Jones 500 W. Main Street Louisville, KY 40202	Common	8/19/03	100,000	\$1,715,000						
David A. Jones 500 W. Main Street Louisville, KY 40202	Common	6/16/03	20,000	\$310,000						
REMARKS: (1) Seller contributed 152,808 shares to The Ashbury/Jones Family Partnership, Ltd. on 11/09/96.										

INSTRUCTIONS:

ATTENTION:

See the definition of "person" in paragraph (a) 9 of Rule 144.

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the issuer of the securities to be sold which has not been publicly disclosed.

Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

September 3, 2003

/s/ David A. Jones

DATE OF NOTICE

DAVID A. JONES

This notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed.

Any copies not manually signed shall bear typed or printed signatures.

ATTENTION:

Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)