

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

Reynolds, Ph.D., W. Ann
 Office of the President
 The University of Alabama at Birmingham
 Suite 1070 Admin. Bldg., 701 S. 20th St.
 Birmingham,
 AL 35294-0110
 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, 2000

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

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

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

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. Transaction Code	4. Securities Acquired or Disposed of (D)	5. Amount of Securities Beneficially Owned at End of Month	6. Director or Indirect Beneficial Ownership (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership
Common (1)	7/13/2000	A(3)	2,525	10,125	D	
Common (1)				87	I	By Spouse

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. Transaction Code	5. Number of Derivative Securities Acquired or Disposed of (D)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Number of Underlying Securities	8. Price of Derivative Security	9. Number of Derivative Securities	10. Director or Indirect Beneficial Ownership (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership
Option (2)	\$9.6424				1/10/92 - 1/10/01	Common (1) 5,000		5,000	D	
Option (2)	\$9.6424				1/10/93 - 1/10/01	Common (1) 5,000		5,000	D	
Option (2)	\$9.6424				1/10/94 - 1/10/01	Common (1) 5,000		5,000	D	
Option (2)	\$17.6250				1/3/95 - 1/3/01	Common (1) 5,000		5,000	D	
Option (2)	\$22.4375				1/3/96 - 1/3/01	Common (1) 5,000		5,000	D	
Option (2)	\$26.9375				1/2/97 - 1/2/01	Common (1) 5,000		5,000	D	
Option (2)	\$18.9375				1/2/98 - 1/2/01	Common (1) 5,000		5,000	D	
Option (2)	\$21.25				1/2/99 - 1/2/01	Common (1) 5,000		5,000	D	
Option (2)	\$18.7813				1/4/00 - 1/4/01	Common (1) 5,000		5,000	D	
Option (2)	\$7.875				1/3/01 - 1/3/01	Common (1) 5,000		5,000	D	

Explanation of Responses:

(1) Each share of Common Stock contains a Right adopted on March 5, 1987, pursuant to the Company's Rights Agreement, as amended and restated on February 14, 1996, and amended as of May 27, 1998 and March 1, 1999, 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) Right to buy pursuant to the Company's 1989 Stock Option Plan for Non-Employee Directors.

(3) Award of stock in lieu of director fees exempt under 16(b)-3(d)(1).