

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

Liston, Thomas J.  
 Humana Inc.  
 500 W. Main Street  
 Louisville, KY 40202

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

August 31, 2000

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)

Senior Vice President - Strategy & Corporate Development

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 (A) or Disposed of (D) Amount	5. Amount of Securities Beneficially Owned at End of Month A/D Price	6. Director (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership
Common (1)	8/7/00	A	150,000	156,000	D	
Common (1)				880	D	Custodian for Child
				880	D	Custodian for Child
				720	D	Custodian for Child
				8,118	I	HRSP (3)

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 Number 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 (2)	15.5938				9/17/11/15/99 08	Common (1)	5,800	5,800	D	
Option (2)	15.5938				1/15/11/15/00 08	Common (1)	5,800	5,800	D	
Option (2)	15.5938				1/15/11/15/01 08	Common (1)	5,800	5,800	D	
Option (2)	15.5938				9/17/11/9/99 07	Common (1)	24,576	24,576	D	
Option (2)	15.5938				1/9/01/9/0 17	Common (1)	12,104	12,104	D	
Option (2)	15.5938				9/17/11/12/99 06	Common (1)	26,370	26,370	D	
Option (2)	15.5938				9/17/11/17/99 08	Common (1)	6,090	6,090	D	
Option (2)	15.5938				9/17/11/12/99 05	Common (1)	13,760	13,760	D	
Option (2)	19.25				1/15/11/15/00 09	Common (1)	6,667	6,667	D	
Option (2)	19.25				1/15/11/15/01 09	Common (1)	6,667	6,667	D	
Option (2)	19.25				1/15/11/15/02 09	Common (1)	6,666	6,666	D	

Option (2)	19.5938					9/9/01	9/9/01	Common (1)	3,334		3,334	D
Option (2)	19.5938					10	19	Common (1)	3,333		3,333	D
Option (2)	19.5938					12	19	Common (1)	3,333		3,333	D
Option-ISO (2)	17.0938					7/13/01	7/13/10	Common (1)	14,096		14,096	D
Option-ISO (2)	17.0938					7/13/02	7/13/10	Common (1)	14,096		14,096	D
Option-ISO (2)	17.0938					7/13/03	7/13/10	Common (1)	14,096		14,096	D
Option-NQ (2)	17.0938					7/13/01	7/13/10	Common (1)	2,571		2,571	D
Option-NQ (2)	17.0938					7/13/02	7/13/10	Common (1)	2,571		2,571	D
Option-NQ (2)	17.0938					7/13/03	7/13/10	Common (1)	2,570		2,570	D

Explanation of Responses:

(1) Each share of Common Stock contains a Right adopted on March 5, 1987, pursuant to the Company 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 Company's 1996 Stock Incentive Plan for Employees.

(3) Shares held for my benefit as of June 30, 2000 under the Humana Retirement & Savings Plan ("HRSP") and a routine disposition of shares to fund an administrative fee assessment under a Tax-Conditioned Plan, exempt under Rule 16b-3(c).