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
    August 31, 2000
5. If Amendment, Date of Original (Month/Year)
    August 31, 2000
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 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	V	4. Securities Acquired (A) or Disposed of (D) Amount	A/D	Price	5. Amount of Securities Beneficially Owned at End of Month	6. Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership
Common (1)	8/7/00	A	V	30,000	A		30,000	D	
Common (1)							2,500	I	Cust. for Children
Common (1)							32	I	Wife as Cust. for Children
Common (1)							1,056	I	Wife
Common (1)							7,092	I	HRSP (2)
Common (1)							2,045	I	HRSP - Wife (2)

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

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date	4. Code	V	5. Number of Derivative Securities Acquired (A) or Disposed of (D) Amount	A/D	6. Date Exercisable and Expiration Date (Month/Day/Year) Exercisable	Expiration Date	7. Title and Amount of Underlying Securities Title	Number of Shares	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned at End of Month	10. Direct (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership
Option (3)	15.5938						9/17/99	1/15/08	Common (1)	2,900		2,900	D	
Option (3)	15.5938						1/15/00	1/15/08	Common (1)	2,900		2,900	D	
Option (3)	15.5938						1/15/01	1/15/08	Common (1)	2,900		2,900	D	
Option (3)	15.5938						9/17/99	7/10/07	Common (1)	9,525		9,525	D	
Option (3)	15.5938						7/10/00	7/10/07	Common (1)	9,525		9,525	D	
Option (3)	15.5938						7/10/01	7/10/07	Common (1)	9,525		9,525	D	
Option (3)	15.5938						7/10/02	7/10/07	Common (1)	9,525		9,525	D	
Option (3)	19.25						1/15/00	1/15/09	Common (1)	1,667		1,667	D	
Option (3)	19.25						1/15/01	1/15/09	Common (1)	1,667		1,667	D	
Option (3)	19.25						1/15/02	1/15/09	Common (1)	1,666		1,666	D	

Option (3)	9.5938				9/9/00	9/9/09	Common (1)	5,000	5,000	D
Option (3)	9.5938				9/9/01	9/9/09	Common (1)	5,000	5,000	D
Option (3)	9.5938				9/9/02	9/9/09	Common (1)	5,000	5,000	D
Phantom Stock Units (4)	1-for-1				(4)	(4)	Common (1)	260	260	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, and as amended on May 27, 1998 and March 1, 1999, 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, 2000, under the Humana Retirement and
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.
(3) Right to buy pursuant to the Company's 1996 Stock Incentive Plan for Employees.
(4) Phantom Stock Units held for my benefit as of June 30, 2000 under the Humana Excess Plan, exempt under
Rule
16b-3(d).