

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

Goodman, Bruce J.
 500 West 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

October 31, 1999

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 and Chief Information Officer

7. Individual or Joint/Group Filing (Check Applicable Line)

(X) Form filed by One Reporting Person
 () Form filed by More than One Reporting Person

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/Price D	6. Director or Indirect Beneficial Owner (I)	7. Nature of Indirect Beneficial Ownership (D) or (I)
Common (1)	10/19/99	P	1,000	\$6.75	D	
Common (1)				371.96	I	HRSP (2)

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative	3. Transaction Date	4. Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D) Amount	6. Date Exercisable and Expiration Date A/Exercise Date D	7. Title and Amount of Underlying Securities Title and Number of Shares	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned at End of Month	10. Director or Indirect Beneficial Owner (I)	11. Nature of Indirect Beneficial Ownership (D) or (I)
Option-NQ (3)	11.625				4/12/01 - 4/12/09	Common (1)	3,898	3,898	D	
Option-NQ (3)	11.625				4/12/02 - 4/12/09	Common (1)	3,898	3,898	D	
Option-NQ (3)	11.625				4/12/03 - 4/12/09	Common (1)	3,898	3,898	D	
Option-NQ (3)	11.625				4/12/04 - 4/12/09	Common (1)	3,898	3,898	D	
Option-ISO (3)	11.625				4/12/01 - 4/12/09	Common (1)	8,602	8,602	D	
Option-ISO (3)	11.625				4/12/02 - 4/12/09	Common (1)	8,602	8,602	D	
Option-ISO (3)	11.625				4/12/03 - 4/12/09	Common (1)	8,602	8,602	D	
Option-ISO (3)	11.625				4/12/04 - 4/12/09	Common (1)	8,602	8,602	D	
Option-ISO (3)	9.5938				9/9/01 - 9/9/09	Common (1)	8,333	8,333	D	
Option-NQ (3)	9.5938				9/9/01 - 9/9/09	Common (1)	8,334	8,334	D	
Option-NQ (3)	9.5938				9/9/02 - 9/9/09	Common (1)	8,333	8,333	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 amended as of 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 my benefit as of October 8, 1999 under the Humana Retirement & Savings Plan ("HRSP") exempt under Rule 16b-3(c).

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