

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

FORM 3

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

1. Name and Address of Reporting Person

Knopf, Gail H.
500 West Main Street
Louisville,, KY 40202
USA

2. Date of Event Requiring Statement (Month/Day/Year)

December 30, 1996

3. IRS or Social Security Number of Reporting Person (Voluntary)

406-64-3552

4. Issuer Name and Ticker or Trading Symbol

Humana Inc.
HUM

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

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

Vice President and Chief Information Officer

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

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. Amount of Securities Beneficially Owned	3. Ownership Form: Direct (D) or Indirect (I)	4. Nature of Indirect Beneficial Ownership
Common (1)	1,000	D	
Common (1)	7,925.8256	I	HRSP (2)

1. Title of Derivative Security	2. Date Exercisable and Expiration Date (Month/Day/Year)	3. Title and Amount of Underlying Securities	4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I)	6. Nature of Indirect Beneficial Ownership
Option (3)	7/6/91-92/7/6/99	Common (1)	10,000 8.6498	D	
Option (4)	9/13/91-9/13/00	Common (1)	4,500 11.0131	D	
Option (4)	11/18/92-11/18/01	Common (1)	4,500 8.9098	D	
Option (4)	04/14/95	04/14/03 Common (1)	16,250 6.5625	D	
Option (4)	04/14/96	04/14/03 Common (1)	31,250 6.5625	D	
Option (4)	04/14/97	04/14/03 Common (1)	31,250 6.5625	D	
Option (4)	04/14/98	04/14/03 Common (1)	31,250 6.5625	D	
Option (4)	01/12/96	01/12/05 Common (1)	16,667 23.0625	D	
Option (4)	01/12/97	01/12/05 Common (1)	16,667 23.0625	D	
Option (4)	01/12/98	01/12/05 Common (1)	16,666 23.0625	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, pursuant to the Company Rights Agreement, which entitles holders of the Company's Common Stock, in the event certain specified events occur, to acquire 1/100th 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 November 30, 1996 under the Humana Retirement & Savings Plan ("HRSP") exempt under Rule

16b-3(c).

(3) Right to buy pursuant to the Company's 1981 Non-Qualified Stock Option Plan.

(4) Right to buy pursuant to the Company's 1989 Stock Option Plan for Employees.