

HUMANA INC
 Form 144
 July 31, 2007

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 FORM 144 NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933 ATTENTION: <i>Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.</i>			OMB APPROVAL		
			OMB Number: 3235-0101 Expires: December 31, 2009 Estimated average burden hours per response. 2.00		
			SEC USE ONLY		
			DOCUMENT SEQUENCE NO.		
			CUSIP NUMBER		
1 (a) NAME OF ISSUER (Please type or print) Humana Inc.			(b) IRS IDENT. NO. 61-0647538	(c) S.E.C. FILE NO. 1-5975	WORK LOCATION
1 (d) ADDRESS OF ISSUER STATE STREET CITY STATE ZIP CODE 500 West Main Street Louisville			(e) TELEPHONE AREA CODE NUMBER 502 580-1000202		
2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD Bruce J. Goodman	(b) IRS IDENT. NO. N/A	(c) RELATIONS TO ISSUER Senior Vice President & Chief Service & Information Officer	(d) ADDRESS STREET CITY STATE ZIP CODE 500 W. Main Street Louisville KY 40202		
INSTRUCTION:					

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The person filing this notice should contact the issuer to obtain the I.R.S. identification Number and the S.E.C. File Number

3 (a) Title of the Class of Securities To Be Sold	(b) Name and Address of Each Broker Through Whom the Securities Are To Be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY Broker-Dealer File Number	(c) Number of Shares or Other Units To Be Sold <i>(See Instr. 3 (c))</i>	(d) Aggregate Market Value <i>(See Instr. 3(d))</i>	(e) Number of Shares or Other Units Outstanding <i>(See Instr. 3(e))</i>	(f) Approximate Date of Sale <i>(See Instr. 3(f)) (MO. DAY YR.)</i>	(g) Name of Each Securities Exchange <i>(See instr. 3 g))</i>
Common	Fifth Third Bank 401 S. Fourth St. Louisville, KY 40202		18,334	\$1,174,711 based on FMV on 7/27/07 of \$64.075	68,633,548 as of 7/27/07	July 31, 2007	NYSE

INSTRUCTIONS:

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| <p>1. (a) Name of Issuer
 (b) Issuer's I.R.S. Identification Number
 (c) Issuer's S.E.C. file number, if any
 (d) Issuer's address, including zip code
 (e) Issuer's telephone number, including area code</p> | <p>3. (a) Title of the class of securities to be sold
 (b) Name and Address of each broker through whom the securities are intended to be sold
 (c) Number of shares or other units to be sold (if debt securities, give the aggregate face value)
 (d) Aggregate market value of the securities to be sold as of a specified date within 90 days of the date of the notice
 (e) Number of shares or other units of the class outstanding, or if debt securities the principal amount of the securities outstanding, as of the date of the notice
 (f) Approximate date on which the securities are to be sold
 (g) Name of each securities exchange, if any, on which the securities are intended to be sold</p> |
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| <p>2. (a) Name of person for whose account the securities are to be sold
 (b) Such person's I.R.S. identification number, if such person is an entity
 (c) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
 (d) Such person's address, including zip code</p> | |
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Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

TABLE I - SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor.

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of the Person from Whom Acquired <i>(if gift, also give date donor acquired)</i>	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common	7/31/07(1) (2)	Stock Option Exercise	Issuer	18,334	7/31/07	Cash

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II - SECURITIES SOLD DURING THE PAST 3 MONTHS (1)

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold(2)	Gross Proceeds
Bruce J. Goodman Humana Inc. 500 West Main Street Louisville, KY 40202	Common	5/2/07	3,100	\$196,850
		5/3/07	5,000	\$322,950
		5/4/07	5,000	\$322,500
		5/9/07	5,000	\$324,500
		5/14/07	10,000	\$653,750
		5/15/07	5,000	\$330,000
		5/16/07	5,000	\$331,250

REMARKS: (1) Will receive date of exercise. (2) Sale pending with ETrade for 20,000 shares.

INSTRUCTIONS:

See the definition of "person" in paragraph (a) 9 of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the issuer of the securities to be sold which has not been publicly disclosed.

July 30, 2007

DATE OF NOTICE

This notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed.

Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)

SEC 1147 (01/04)