HUMANA INC Form 144 October 01, 2003

October 01,	, 2003								1
UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549					OMB APPROVAL				
					OMB Number 3235-0101				
FORM 144					Expires: August 31, 2003				
						timated average burden urs per response2.0			
								SEC	USE ONLY
NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933							DOCUMENT SEQUENCE NO		
ATTENTION: Transmit for filing 3 copies of this form concurrently with either place order with a broker to execute sale or executing a sale						cing an CUSI			
directly with a market maker								WOR LOC	K ATION
1 (a) NAME OF ISSUER (Please type or print) Humana Inc.						IDENT. F.		c) S.E.C. FILE NO. 1-5975	
1 (d) AD	DRESS OF IS	SUER	STREET CITY	Y STATE ZIP CO	DE				
500 West Main Street, Louisville, KY 40202 (e) TELEPHON						PHONE			
							AREA CODE 502		NUMBERS 580-1000
2(a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD (b) IRS IDENT. NO. RELATIONSHIP TO ISSUER 500 W. Main West Louisville, KY 40202				STATE ZIP					
		nerson	filing this notice	e should contact t	he i	ssuer to obtain t	he IRS id	entifics	ition Number
INSTRUC	TION. THE	JCI SUII		d the S.E.C. File				CHUITIC	uon number
3 Title of the	(b) Name and	SEC USE	` '	(d) Aggregate Market Value		(e) Number of Shares	(f) Appro	(f) Approximate (g) Name of Each	

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(a) Class of Securities To Be Sold	Each Broker Bro Through	(See Instr. 3	(See Instr. 3(d)	or Other Units Outstanding (See Instr. 3(e))	of Sale (See Instr. 3(f) MO. DAY YR.)	Securities Exchange (See instr. 3 (g))
Common	Prudential Securities 51 JF Kennedy Pkwy Short Hills, NJ 07078	15,000	\$261,825 (Based on FMV on 09/29/03 of \$17.455)	161,233,880 as of 09/12/03	October 1, 2003	NYSE

INSTRUCTIONS:

- 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

- 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 amount)
- (d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
- (e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer
 - (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



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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' address,	
including zip code	
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TABLE - 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 Date you Nature of Name of the Amount of Date of Nature of the Class Acquired Acquisition Person from Securities Payment Payment Transaction Whom Acquired Acquired (if gift, also give date donor acquired Common 10/01/03 Stock Option Issuer 15,000 10/01/03 Cash Exercise

INSTRUCTIONS:

- 1. 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.
- 2. If within two years after the acquisition of the securities the person for whose account they are to be sold had any short positions, put or other option to dispose of securities referred to in paragraph (d)(3) of Rule 144, furnish full

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	Gross Proceeds
None				

REMARKS:

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.

October 1, 2003 /S/ Irwin Lerner

DATE OF NOTICE (SIGNATURE)

IRWIN LERNER

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.

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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)