

GOODMAN BRUCE J
Form 4
January 12, 2005

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
GOODMAN BRUCE J

(Last) (First) (Middle)

HUMANA INC., 500 WEST MAIN STREET

(Street)

LOUISVILLE, KY 40202

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
HUMANA INC [HUM]

3. Date of Earliest Transaction (Month/Day/Year)
01/11/2005

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Sr VP & Chief Serv. & Info. Of

6. Individual or Joint/Group Filing(Check Applicable Line)
 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 (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership (Instr. 4)
			Code	V	Amount or Price		
Humana Common (1)	01/11/2005		M		16,667 A \$ 9.26	129,896	D
Humana Common (1)	01/11/2005		M		16,667 A \$ 9.5938	146,563	D
Humana Common (1)	01/11/2005		S		33,334 D \$ 0 (2)	113,229	D
Humana Common						7,967	I See Footnote

(1)(3)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474
(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Amount or Number of Shares
<u>(4)</u> Options	\$ 11.625					<u>(5)</u> 04/12/2009	Humana Common <u>(1)</u>	50,000
<u>(4)</u> Options	\$ 9.5938	01/11/2005		M	16,667	<u>(6)</u> 09/09/2009	Humana Common <u>(1)</u>	16,667
<u>(4)</u> Options	\$ 12.995					<u>(7)</u> 03/13/2012	Humana Common <u>(1)</u>	30,000
<u>(4)</u> Options	\$ 12.515					<u>(8)</u> 11/07/2012	Humana Common <u>(1)</u>	30,000
<u>(4)</u> Options	\$ 9.26	01/11/2005		M	16,667	<u>(9)</u> 03/13/2013	Humana Common <u>(1)</u>	16,667
<u>(10)</u> Options	\$ 21.275					<u>(11)</u> 02/24/2014	Humana Common <u>(1)</u>	70,000
Phantom Stock Units	<u>(12)</u>					<u>(12)</u> <u>(12)</u>	Humana Common <u>(1)</u>	4,142

