

HUMANA INC  
 Form 144  
 September 15, 2011

UNITED STATES  
 SECURITIES AND EXCHANGE COMMISSION  
 Washington, D.C. 20549  
 FORM 144

OMB APPROVAL  
 OMB  
 Number: 3235-0101  
 Expires: February 28,  
 2014  
 Estimated average burden  
 hours per  
 response. . . . . 1.00

NOTICE OF PROPOSED SALE OF SECURITIES  
 PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: 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.

SEC USE ONLY  
 DOCUMENT SEQUENCE  
 NO.  
 CUSIP NUMBER

1 (a) NAME OF ISSUER (Please type or print)	(b) IRS IDENT. NO.	(c) S.E.C. FILE NO.	(e) WORK LOCATION
Humana Inc.	61-0647538		1-5975
1 (d) ADDRESS OF ISSUER			(e) TELEPHONE
STATE	STREET	CITY	AREA NUMBER
	ZIP CODE		CODE 580-1000
500 West Main		Louisville	502
Street		KY	40202
2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD	(b) RELATIONSHIP TO ISSUER	(c) ADDRESS STREET CITY STATE	ZIP CODE
David A. Jones, Jr.	Director	500 W. Main Street Louisville KY	40202

INSTRUCTION: 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 (c) Broker-Dealer File Number	(d) Number of Shares or Other Units To Be Sold (See Instr. 3(c))	(e) Aggregate Market Value (See Instr. 3(d))	(f) Number of Shares or Other Units Outstanding (See Instr. 3(e))	(g) Approximate Date of Sale (MO. DAY YR.) (See Instr. 3(f))	Name of Each Securities Exchange (See instr. 3(g))
Common	Merrill Lynch 101 Bullitt Lane Louisville, KY 40222		800	\$61,372,634,798 based as of on FMV 8/31/11 on 9/14/11 of \$76.715		September 15, 2011	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
2. (a) Name of person for whose account the securities are to be sold
- (b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
- (c) Such person's address, including zip 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 principal amount)
- (d) Aggregate market value of the securities to be sold as of a specified date with respect to which the aggregate market value is to be determined
- (e) Number of shares or other units of the class outstanding, or if debt securities to be sold, the aggregate principal amount of the class outstanding, as of 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

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.

SEC 1147 (08-07)

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 (if gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common	9/15/2011	Stock Option Exercise	Issuer	800	9/15/2011	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	Gross Proceeds
----------------------------	--------------------------	--------------	---------------------------	----------------

None

REMARKS:

Stock option exercise and sale will occur on the same day.

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold hereby represents by signing this notice that he does not know any material adverse but also as to all other persons included in that information in regard to the current and prospective definition. In addition, information shall be given as to operations of the issuer of the securities to be sold which has sales by all persons whose sales are required by not been publicly disclosed. If each person has adopted a paragraph (e) of Rule 144 to be aggregated with sales written trading plan or given trading instructions to satisfy 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 the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

September 15,  
2011  
DATE OF NOTICE

/s/David A. Jones,  
Jr.  
(SIGNATURE)

DATE OF PLAN OR GIVING OF INSTRUCTION,  
IF RELYING ON RULE 10B5-1

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 (02-08)