HUMANA INC
Form 144
August 23, 2006

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:

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.

OMB APPROVAL
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SEC USE ONLY
DOCUMENT SEQUENCE NO.
CUSIP NUMBER
WORK LOCATION

1 *(a)* NAME OF ISSUER *(Please type or print)*	(b) IRS IDENT. NO.	(c) S.E.C. FILE NO.
Humana Inc.	61-0647538	1-5975

1 *(d)* ADDRESS OF ISSUER STREET	CITY	STATE	ZIP CODE	(e) TELEPHONE AREA CODE	NUMBER
500 West Main Street	Louisville	KY	40202	502	580-1000

2 *(a)* NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD	(b) IRS IDENT. NO.	(c) RELATIONSHIP TO ISSUER	(d) ADDRESS STREET	CITY	STATE	ZIP CODE
Bruce J. Goodman	N/A	Senior Vice President & Chief Service & Information Officer	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 Broker-Dealer File Number	(c) Number of Shares or Other Units To Be Sold *(See Instr. 3 (c))*	(d) Aggregate Market Value (See Instr. 3(d)	(e) Number of Shares or Other Units Outstanding *(See Instr. 3(e))*	(f) Approximate Date of Sale *(See Instr. 3(f)) (MO. DAY YR.)*	(g) Name of Each Securities Exchange *(See instr. 3 g))*
Common	Fifth Third Bank 401 S. Fourth St. Louisville, KY 40202		46,667	$2,877,487 based on FMV on 8/22/06 of $61.66	165,369,785 as of 8/21/06	August 23, 2006	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 b
   (c) Number of shares or other units to be sold (if debt securities, give the aggregate
   (d) Aggregate market value of the securities to be sold as of a specified date within
   (e) Number of shares or other units of the class outstanding, or if debt securities the aggregate amount
   (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

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	

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 (01-04)

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	8/23/06	Stock Option Exercise	Issuer	46,667	Same as Exercise Date 08/23/2006	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

Bruce J. Goodman Humana Inc. 500 West Main Street Louisville, KY 40202	Common	08/21/06 08/07/06 08/02/06 06/29/06 06/09/06	5,867 10,000 15,000 11,305 8,749	$352,607 $597,000 $880,500 $607,079 $455,823
REMARKS (1) Shares will be exercised and sold on same day pending price.				

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.

08/23/2006

/s/ B

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DATE OF NOTICE

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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)