LORD JONATHAN T MD

Form 4

August 30, 2006

FORM 4

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

OMB Number:

3235-0287

Check this box

Expires:

January 31, 2005

0.5

if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per response...

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

See Instruction

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

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30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * LORD JONATHAN T MD			2. Issuer Name and Ticker or Trading Symbol HUMANA INC [HUM]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
			(Month/Day/Year)	Director 10% Owner		
HUMANA IN	IC., 500 WE	EST MAIN	08/28/2006	X Officer (give title Other (specify below)		
STREET				Sr VP & Chief Innovation Off.		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line)		
LOUISVILLE, KY 40202				_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

	,				Person		
(City)	(State)	(Zip) Tab	le I - Non-L	Derivative Securities Acqu	iired, Disposed of	, or Beneficiall	y Owned
1.Title of Security	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if	3. Transactio	4. Securities Acquired or(A) or Disposed of (D)	5. Amount of Securities	6. Ownership	7. Nature of Indirect
(Instr. 3)	(Wionan Buyi Tear)	any	Code	(Instr. 3, 4 and 5)	Beneficially	Form: Direct	
		(Month/Day/Year)	(Instr. 8)		Owned Following	(D) or Indirect (I)	Ownership (Instr. 4)

		Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(Instr. 4)
Humana Common	08/28/2006	M	21,718	A	\$ 6.625	97,988	D
Humana Common	08/28/2006	S	21,718	D	\$ 0 (1)	76,270	D

**			See
Humana	1,150	Ţ	Footnote
Common	1,130	1	roomote
Common			(2)

(2)

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

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displays a currently valid OMB control number.

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. Transactic Code (Instr. 8)	Secu Acqu or D (D)	nrities uired (A) isposed of rr. 3, 4,	6. Date Exer Expiration D (Month/Day/	ate	7. Title and 2. Underlying 3 (Instr. 3 and	Securities
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Options (3)	\$ 6.625	08/28/2006		M		21,718	<u>(4)</u>	05/18/2010	Humana Common	21,718
Options (7)	\$ 32.7						<u>(9)</u>	02/24/2012	Humana Common	75,000
Options (3)	\$ 12.995						<u>(5)</u>	03/13/2012	Humana Common	14,610
Options (3)	\$ 9.26						<u>(6)</u>	03/13/2013	Humana Common	39,201
Options (7)	\$ 21.275						(8)	02/24/2014	Humana Common	70,000
Options (7)	\$ 53.96						(10)	02/23/2013	Humana Common	47,655

Reporting Owners

Reporting Owner Name / Address	Relationships				
	Director	10% Owner	Officer	Other	

LORD JONATHAN T MD HUMANA INC. 500 WEST MAIN STREET LOUISVILLE, KY 40202

Sr VP & Chief Innovation Off.

Signatures

Jonathan T. 08/29/2006 Lord, M.D.

**Signature of Reporting Date
Person

Reporting Owners 2

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Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Reporting person sold shares at prices between \$61.08 and \$61.40.
- (2) Shares held for the benefit of reporting person as of July 31, 2006 under the Humana Retirement & Savings Plan including a routine disposition of shares to fund an administrative fee assessment under a Tax-Conditioned Plan, both exempt under Rule 16b-3(c).
- (3) Right to buy pursuant to the Company's 1996 Stock Incentive Plan for Employees.
- (4) Incentive and Non-Qualified stock options granted to reporting person on 5/18/00, NQ options vesting in two increments on 5/18/02 and 5/18/03, and ISO's vesting in three increments from 5/18/01 to 5/18/03.
- (5) Incentive and Non-Qualified stock options granted to reporting person on 3/13/02, NQ options vesting in three increments from 3/13/03 to 3/13/05, and ISO's vesting in two increments on 3/13/04 and 3/13/05.
- (6) Incentive and Non-Qualified stock options granted to reporting person on 3/13/03, NQ options vesting in three increments from 3/13/04 to 3/13/06, and ISO's vesting on 3/13/06.
- (7) Right to buy pursuant to the Company's 2003 Stock Incentive Plan.
- (8) Incentive and Non-Qualified stock options granted to reporting person on 2/24/04, NQ options vesting in three increments from 2/24/05 to 2/24/07, and ISO's vesting on 2/24/07.
- (9) Incentive and Non-Qualified stock options granted to reporting person on 2/24/05, NQ options vesting in three increments from 2/24/06 to 2/24/08, and ISO's vesting on 2/24/08.
- (10) Incentive and Non-Qualified stock options granted to reporting person on 2/23/06, NQ options vesting in three increments from 2/23/07 to 2/23/09, and ISO's vesting on 2/23/09.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. 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 number.