

LISTON THOMAS J
Form 4
July 01, 2010

FORM 4

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

OMB APPROVAL

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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 *
LISTON THOMAS 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)
06/29/2010

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-Senior Products

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 (A) or (D) Price			
Humana Common	06/29/2010		M	25,350 A \$ 7.0938	120,918	D	
Humana Common	06/29/2010		S	25,350 D \$ 46.445	95,568	D	
Humana Common					9,963	I	See Footnote (1)

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form

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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. 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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Options ⁽²⁾	\$ 7.0938	06/29/2010		M	25,350	⁽³⁾	07/13/2010	Humana Common	25,350
Options ⁽⁶⁾	\$ 32.7					⁽⁸⁾	02/24/2012	Humana Common	17,900
Options ⁽²⁾	\$ 12.995					⁽⁴⁾	03/13/2012	Humana Common	10,000
Options ⁽²⁾	\$ 9.26					⁽⁵⁾	03/13/2013	Humana Common	10,000
Options ⁽⁶⁾	\$ 21.275					⁽⁷⁾	02/24/2014	Humana Common	10,000
Options ⁽⁶⁾	\$ 53.96					⁽⁹⁾	02/23/2013	Humana Common	8,564
Options ⁽⁶⁾	\$ 62.1					⁽¹⁰⁾	02/22/2014	Humana Common	4,866
Options ⁽⁶⁾	\$ 69.475					⁽¹¹⁾	02/21/2015	Humana Common	6,269
Options ⁽⁶⁾	\$ 45.975					⁽¹²⁾	04/01/2015	Humana Common	17,993
Options ⁽⁶⁾	\$ 41.83					⁽¹³⁾	02/19/2016	Humana Common	8,063
Restricted Stock Units ⁽¹⁴⁾	⁽¹⁵⁾					⁽¹⁶⁾	⁽¹⁶⁾	Humana Common	4,095

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

