HUMANA INC Form 4 July 28, 2006

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL

OMB 3235-0287 Number:

Expires:

5. Relationship of Reporting Person(s) to

Persons who respond to the collection of

information contained in this form are not

January 31, 2005

Estimated average burden hours per

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if no longer subject to Section 16. Form 4 or Form 5

Check this box

obligations may continue.

1. Name and Address of Reporting Person *

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

2. Issuer Name and Ticker or Trading

1(b).

(Print or Type Responses)

See Instruction

MURRAY JAMES E		Symbol HUMANA INC [HUM]				Issuer				
(Last) (First) (Middle) HUMANA INC., 500 WEST MAIN STREET			3. Date of Earliest Transaction (Month/Day/Year) 07/26/2006				(Check all applicable) Director 10% OwnerX Officer (give title Other (specify below) Chief Operating Officer			
LOUISVIL	(Street) LE, KY 40202			ndment, Da th/Day/Year)	_			6. Individual or Applicable Line) _X_ Form filed by Form filed by Person		erson
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securit	ties Acc	quired, Disposed (of, or Beneficial	lly Owned
1.Title of Security (Instr. 3)	2. Transaction (Month/Day/Ye	ear) Executi any	emed on Date, if /Day/Year)	3. Transactic Code (Instr. 8)	4. Securit on(A) or Dis (D) (Instr. 3, 4)	sposed	of	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 Indirect Beneficial Ownership (Instr. 4)
Humana Common	07/26/2006			J <u>(3)</u>	88,400	D	\$0	143,219	D	
Humana Common								7,361	I	See Footnote (1)
Humana Common								20,386	I	See Footnote (2)
Reminder: Rep	oort on a separate	line for each o	class of secu	rities benefi	cially own	ed dire	ectly or	indirectly.		

SEC 1474

(9-02)

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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)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and A Underlying S (Instr. 3 and	Securities
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Options (4)	\$ 15.5938					01/09/2000(5)	01/09/2007	Humana Common	59,605
Options (4)	\$ 15.5938					01/15/2001(6)	01/15/2008	Humana Common	34,800
Options (4)	\$ 19.25					01/15/2002(7)	01/15/2009	Humana Common	30,000
Options (4)	\$ 7.4688					11/18/2002(8)	11/18/2009	Humana Common	100,000
Options (11)	\$ 32.7					(13)	02/24/2012	Humana Common	110,000
Options (4)	\$ 12.995					03/13/2005(9)	03/13/2012	Humana Common	20,000
Options (4)	\$ 9.26					03/13/2006(10)	03/13/2013	Humana Common	50,000
Options (11)	\$ 21.275					(12)	02/24/2014	Humana Common	85,000
Options (11)	\$ 53.96					(14)	02/23/2013	Humana Common	84,720
Phantom Stock Units	(15)					<u>(15)</u>	(15)	Humana Common	13,940

Reporting Owners

Reporting Owner Name / Address	Keiationsinps					
	Director	10% Owner	Officer	Othe		

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MURRAY JAMES E HUMANA INC. 500 WEST MAIN STREET LOUISVILLE, KY 40202

Chief Operating Officer

Signatures

James E. 07/27/2006 Murray

**Signature of Reporting Person Date

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) Shares held by reporting person's spouse.
- Stock units held for the benefit of reporting person as of June 30, 2006 under the Humana Retirement & Savings Plan, including a routine disposition of shares to fund an administrative fee assessment under a Tax-Conditioned Plan. All transactions are exempt under Rule 16b-3(c)
- (3) Exempt transfer of shares held by James E. Murray 2006 GRAT of which reporting person is the Grantor and Trustee. Reporting person disclaims beneficial ownership of Company stock held by the GRAT except to the extent of his pecuniary interest.
- (4) Right to buy pursuant to Company's 1996 Stock Incentive Plan for Employees.
- (5) Incentive and Non-Qualified Stock Options were granted to reporting person on 9/17/98 vesting in two increments, 9/17/99 and 1/9/00.
- (6) Incentive and Non-Qualified Stock Options were granted to reporting person on 9/17/98 vesting in three increments each from 9/17/99 to 1/15/01.
- (7) Incentive and Non-Qualified Stock Options were granted to reporting person on 1/15/99 vesting in three increments each from 1/15/00 to 1/15/02.
- (8) Non-Qualified Stock Options were granted to reporting person on 11/18/99 vesting in three increments from 11/18/00 to 11/18/02.
- (9) Incentive Stock Options were granted to reporting person on 3/13/02 vesting in thirds from 3/13/03 to 3/13/05.
- (10) Incentive and Non-Qualified Stock Options were granted to reporting person on 3/13/03 vesting in three increments each from 3/13/04 to 3/13/06.
- (11) Right to buy pursuant to Company's 2003 Stock Incentive Plan.
- (12) Incentive and Non-Qualified Stock Options were granted to reporting person on 2/24/04 vesting in three increments from 2/24/05 to 2/24/07, and ISO's vesting on 02/24/07.
- (13) 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.
- (14) 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.
- (15) Phantom Stock Units held for the benefit of reporting person as of June 30, 2006, based on the value of Humana common stock on a 1-for-1 basis, under the Humana Excess Plan. All transactions are exempt under Rule 16b-3(c and d).

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.

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