LORD JONATHAN T MD Form 144 May 03, 2007

UNITED STATES SECURITIES AND EXCHANCE COMMISSION						OMB APPROVAL	
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							3235-0101 December d average burden r
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) Humana Inc. IRS IDENT. NO. 61-0647538 FILE NO. 1-597				WORK LOCATION			
1 (d) ADDRESS OF ISSUER STREET CITY STATE ZIP CODE					(e) TELEPHONE		
500 West Main Street			Loui	sville		AREA CODE KY 502	NUMBER 580-1000 40202
2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD Jonathan T. Lord, M.D.	(b) IRS IDENT. N N/A	(c) (d) RELATIONSHIPADDRESS STREE OTO CITY S ISSUER Senior Vice 500 W. Main President - Street Louisv Chief Innovation Officer			STATE	ZIP CODE Y 40202	
		INST	TRUCTION	[:			

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3 (a)	(b)	SEC USE ONL	(c) .Y	(d)	(e)	(f)	(g)
Title of the Class of Securities To Be Sold	F Name and Address of Each Broker Through Whom the Securities Are To Be Offered or Each Market Maker who is Acquiring the Securities		Number of Shares er or Other Units To Be Sold (See Instr. 3 (c))	Aggregate Market Value (See Instr. 3(d)	Number of Shares or Other Units Outstanding (See Instr. 3(e))	Approximate Date of Sale (See Instr. 3(f)) (MO. DAY YR.)	Name of Each Securities Exchange (<i>See instr.</i> 3 g))
Common	Morgan Keegan & Co. Aegon Tower, 400 W. Market St., 20 th Floor Louisville, KY 40202		31,000	(Based	as of 04/30/2007	2 May 3 , 2007	NYSE
(c) Issuer(d) Issuer	e of Issuer r's I.R.S. Identific r's S.E.C. file num r's address, includ	(l (c cation Numba nber, if any(e ding zip code iber, includif	 c) Number of sha d) Aggregate mar e) Number of sha e) by the most rec fig areprovdenate d 	dress of each ares or other rket value of ares or other cent report o late on whic	h broker thr r units to be of the securit r units of the or statement ch the securit	old rough whom the secur e sold (if debt securitie tities to be sold as of a e class outstanding, or t published by the issu- rities are to be sold any, on which the sec	es, give the agg specified date r if debt securi uer

- (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,

^{2. (}a) Name of person for whose account the securities are to be sold

including zip code	
1	o respond to the collection of information contained in this form are not the form displays a currently valid OMB control number.
	SEC 1147 (01-04)

Title of the Class		Date you Acquired	Nature of Acquisition Transaction	Name of the Person from Whom Acquired (<i>if gift, also</i> <i>give date</i> <i>donor</i> <i>acquired</i>	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Common	08/07/2003 06/14/2005		Restricted Stock Award Stock Option Exercise	Issuer Issuer	3,155 27,845	N/A 06/14/2005	N/A 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
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Jonathan T. Lord	Common	03/26/2007	70,910 (2)	\$4,343,237.50		
500 W. Main St.						
Louisville, KY 40202						
REMARKS:						
(1) Acquired shares upon exercise of stock options						
(2) Sale of 9,000 shares pending at May 3, 2007.						

INSTRUCTIONS:

ATTENTION:

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.

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

May 3, 2007

DATE OF NOTICE

(SIGNATURE)

/s/ Jonathan T. Lord, M.D.

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)