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BLOEM JAMES H Form 144 May 12, 2011

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. 1 (a) NAME OF ISSUER (Please type or print) Humana Inc. 1 (d) ADDRESS OF ISSUER STREET STREET STREET STREET STREET CITY AREA NUMBER STATE STREET CITY AREA NUMBER STATE STREET CITY AREA NUMBER CODE S00 S00 S00 STREET CODE STREET CODE STREET ST
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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. 1 (a) NAME OF ISSUER (Please type or print) Humana Inc. STREET STREET STREET STREET STATE ZIP CODE STATE STATE Louisville STATE Louisville STATE Louisville STATE CITY STATE STATE Louisville STATE STATE STATE STON STATE STON STON STATE STON STON STATE STON STON STON STATE STON STON STATE STON STON STON STON STATE STON STON STON STON STON STON STATE STON STON STON STON STATE STON STON STON STON STON STON STATE STON STON STON STON STON STATE STON STON STON STON STATE STON STON STON STATE STON STON STATE STON STON STON STATE STON STON STON STATE STON STON STATE STON STATE STON STATE STON STON STATE STON STON STON STATE STON ST
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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. 1 (a) NAME OF ISSUER (Please type or print) Humana Inc. 1 (a) NAME OF ISSUER (Please type or print) Humana Inc. 1 (b) IRS IDENT. (c) S.E. WORK LOCATION NO. FILE 61-0647538 NO. 1-5975 1 (d) ADDRESS OF ISSUER STREET CITY AREA NUMBER STATE ZIP CODE CODE 580-1000 502 500 West Main Street Louisville KY 40202 2 (a) NAME OF PERSON FOR WHOSE (b) RELATION SANDEDRESS STREET ACCOUNT THE SECURITIES ARE TO TO CITY STATE ZIP CODE ISSUER James H. Bloem Senior Vice 500 W. Main President, Street Louisville KY 40202 CFO & Treasurer 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) (b) SEC USE ONLY (c) (d) (e) (f) (g) Title of the Number of AggregateNumber Approximate Date of Name of Number of AggregateNumber Approximate Date of Name of Number of Number of AggregateNumber Approximate Date of Name of Name of AggregateNumber Approximate Date of Name of AggregateNumber Approximate Date of Name of Name of AggregateNumber Approximate Date of Name of
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INSTRUCTIONS:

3. (a) Title of the class of securities to be sold

1. (a) Name of Issuer

- (b) Name and Address of each broker through whom the securities are intended
- (b) Issuer's I.R.S. Identification Number
- (c) Number of shares or other units to be sold (if debt securities, give the aggreg
- (c) Issuer's S.E.C. file number, if any
- (d) Aggregate market value of the securities to be sold as of a specified date with
- (d) Issuer's address, including zip code
- (e) Number of shares or other units of the class outstanding, or if debt securities
- (e) Issuer's telephone number, including area doubthe most recent report or statement published by the issuer
 - (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
- 2. (a) Name of person for whose account the securities are to be sold
 - (b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
 - (c) 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 (08-07)

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	Date you	Nature of Acquisition	Name of the Person	Amount of	Date of	Nature of
the Class	Acquired	Transaction	from Whom Acquired	Securities	Payment	Payment
			(if gift, also give date	Acquired		
			donor acquired			
Common	8/26/06	Stock Option Exercise	Issuer	22,943	8/26/06	Stock
Common	3/14/07	Stock Option Exercise	Issuer	16,216	3/14/07	Stock
Common	12/19/07	Stock Option Exercise	Issuer	2,841	12/19/07	Stock

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 Amount of

Sold Date of Sale Securities Sold **Gross Proceeds**

N/A

REMARKS:

INSTRUCTIONS: ATTENTION:

See the definition of "person" in paragraph (a) of RuleThe person for whose account the securities to which this 144. Information is to be given not only as to thenotice relates are to be sold hereby represents by signing this person for whose account the securities are to be soldnotice that he does not know any material adverse but also as to all other persons included in that information in regard to the current and prospective definition. In addition, information shall be given as tooperations of the issuer of the securities to be sold which has sales by all persons whose sales are required bynot been publicly disclosed. If each person has adopted a paragraph (e) of Rule 144 to be aggregated with saleswritten trading plan or given trading instructions to satisfy for the account of the person filing this notice. Rule 10b5-1 under the Exchange Act, by signing the form and

indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan

adoption or instruction date.

/s/ James H. May 12, 2011 DATE OF NOTICE Bloem

(SIGNATURE)

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DATE OF PLAN OR GIVING OF INSTRUCTION, IF RELYING ON RULE 10B5-1

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 (02-08)