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news release

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Humana Inc. to Release Third Quarter Results on November 1, 2004

LOUISVILLE, KY – September 30, 2004 – Humana Inc. (NYSE: HUM) will release its financial results for the third quarter 2004 on Monday, November 1, 2004 at 5:00 a.m. eastern time. The company will host a conference call, as well as a virtual slide presentation at 9:00 a.m. eastern time that same morning to discuss its financial results for the quarter and earnings guidance.

All parties interested in the audio only portion of the conference call are invited to dial 888-625-7430. No password is required. The company suggests participants dial in approximately ten minutes in advance of the call.

A live virtual presentation (audio with slides) will be available and may be accessed via Humana's Investor Relations page at www.humana.com. The company suggests web participants sign on approximately 15 minutes in advance of the call. The company also suggests web participants visit the site well in advance of the call to run a system test and to download any free software needed to view the presentation.

For those unable to participate in the live event, the virtual presentation archive will be available in the Presentations section of the Investor Relations page at www.humana.com, approximately two hours following the live webcast. An audio recording of the conference call will be available in the Audio Archives located on the Investor Relations page at www.humana.com approximately two hours after the live call.

Humana Inc., headquartered in Louisville, Kentucky, is one of the nation's largest publicly traded health benefits companies, with approximately 5.8 million medical members located primarily in 15 states and Puerto Rico. Humana offers coordinated health insurance coverage and related services – through traditional and Internet-based plans – to employer groups, government-sponsored plans, and individuals.

More information regarding Humana is available via the Internet at www.humana.com, including:

- ◆ Copies of annual reports to stockholders;
- ◆ Securities and Exchange Commission filings;
- ◆ Copy of most recent investor presentation;
- ◆ Copies of quarterly earnings press releases;
- ◆ Audio archive of the most recent earnings release conference call;
- ◆ Calendar of events (includes upcoming earnings conference call dates, related conference call access number, and planned participation in investor conferences);
- ◆ Corporate governance information.

The company's third quarter 2004 earnings press release is expected to include financial measures that are not computed in accordance with Generally Accepted Accounting Principles ("GAAP"). A reconciliation of these non-GAAP financial measures to financial results under GAAP, as well as management's reasons for including the non-GAAP financial measures, will be included in the company's third quarter 2004 earnings press release, a copy of which will be available on the Investor Relations page of www.humana.com on November 1, 2004.