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Humana Names Southwest Human Development Winner of \$100,000 Humana Communities Benefit – Arizona Grant

2010 winner will use money to enrich lives of those with severe disabilities through technology

PHOENIX — November 5, 2010 — Southwest Human Development, an organization that strives to give all children an optimal start in life with opportunities for a bright and positive future, has been awarded a \$100,000 grant as the winner of the 2010 Humana Communities Benefit – Arizona program, funded by health-benefits company Humana Inc. (NYSE: HUM).

Wednesday night at the Arizona Biltmore Hotel, Southwest Human Development received the Humana Communities Benefit grant at a ceremony attended by over 100 Phoenix business and community leaders. Upon receiving the grant, the nonprofit announced its intention to fund and expand Project A.D.A.P.T., Arizona's Device and Adaptation Program using Technology that helps those with severe disabilities lead physically, socially and emotionally fuller lives through the use of cost-efficient technology.

Through the expansion, Southwest Human Development will add critically needed devices and equipment to its Assistive Technology Training and Resource Center, such as a power wheelchair for a child and a device that can generate speech for a non-speaking person. In addition, it will add the A.D.A.P.T. Shop, a one-of-a-kind shop where individualized adaptive supports can be designed and fabricated. Examples of these custom adaptations include a foam support to stabilize the arms of a boy with cerebral palsy so he can play freely and adaptations to a battery-powered play car for a girl who is unable to walk so she can better explore her environment.

“Project A.D.A.P.T. helps individuals with disabilities lead healthier, more physically, socially and emotionally connected lives through the use of specialized technology,” said Ginger Ward, chief executive officer of Southwest Human Development. “The A.D.A.P.T. Shop will be the only facility of its kind in Arizona, let alone Maricopa County. We’ll be able to fabricate items such as a special pillow for a bed-ridden girl who cannot use her hands but can control a switch from the pressure of moving her head, allowing her to activate her computer, control appliances and call for assistance.”

After naming Southwest Human Development as the 2010 grant winner, Curt Howell, president of Humana’s Commercial operations in Arizona, announced Humana’s intention to provide additional support to the local community through donations from Humana Communities Benefit. Child Crisis Center and Neighborhood Ministries Inc. will also receive donations from Humana to continue their work improving the well-being of Arizona.

“Awarding another \$100,000 to a deserving nonprofit organization, working tirelessly in the local community is extremely rewarding,” Howell said. “Southwest Human Development will touch the lives of many people through Project A.D.A.P.T, enabling those living with severe disabilities to live fuller lives through the use of innovative and personalized technology.”

A panel of local judges, comprised of community leaders and business representatives, worked with Humana to select the \$100,000 grant winner. Each finalist made a formal presentation before the panel of judges.

Since 2007, Humana Communities Benefit – Arizona has awarded a one-time, \$100,000 grant to different 501(c)(3) organization to benefit the health of Arizona residents. Past recipients of the grant include:

- Southwest Autism Research & Resource Center used the 2009 grant to create a community-based garden program for those with autism spectrum disorder, teaching them valuable life skills while creating a beautiful community space.
- Fresh Start Women’s Foundation won the 2008 grant, enabling the organization to open a satellite center for women in Phoenix’s East Valley.

- Mesa Association of Sports for the Disabled won the inaugural 2007 grant and purchased a truck and trailer, enabling the nonprofit to increase the quality and quantity of events for participating athletes.

For more information on Humana Communities Benefit – Arizona visit

www.Humana.com/HCB. Questions can also be directed to Humana’s community relations consultant at 480-515-6663 or by e-mail to ArizonaBenefits@humana.com.

About Humana

Humana Inc., headquartered in Louisville, Ky., is one of the nation’s largest publicly traded health and supplemental benefits companies, with approximately 10.3 million medical members and approximately 7.3 million specialty-benefit members. Humana is a full-service benefits solutions company, offering a wide array of health and supplementary benefit plans for employer groups, government programs and individuals.

Over its 49-year history, Humana has consistently seized opportunities to meet changing customer needs. Today, the company is a leader in consumer engagement, providing guidance that leads to lower costs and a better health plan experience throughout its diversified customer portfolio.

More information regarding Humana is available to investors via the Investor Relations page of the company’s web site at <http://www.humana.com>, including copies of:

- Annual reports to stockholders
- Securities and Exchange Commission filings
- Most recent investor conference presentations
- Quarterly earnings news releases
- Replays of most recent earnings release conference calls
- Calendar of events (includes upcoming earnings conference call dates and times, as well as planned interaction with research analysts and institutional investors)
- Corporate Governance Information