[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]

[Insurance Company Name] [Insurance Company Address] [City, State, Zip Code]

Dear [Claims Adjuster's Name],

I hope this message finds you well. I am writing to follow up on the status of my income protection insurance claim submitted on [Date of Claim Submission], with the claim number [Claim Number].

As I have not yet received any updates regarding the progress of my claim, I would appreciate any information you could provide. I rely on this coverage during this challenging time, and timely updates would be very helpful.

Thank you for your attention to this matter. I look forward to your prompt response.

Sincerely, [Your Name]