Go to your Windows button, scroll down until you see your Zoom app and click to open it.
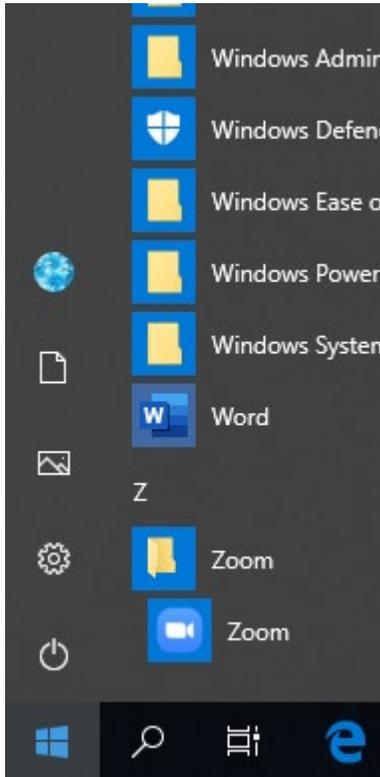
After logging in, click on your Initials (top right of screen)

Click on Check for updates
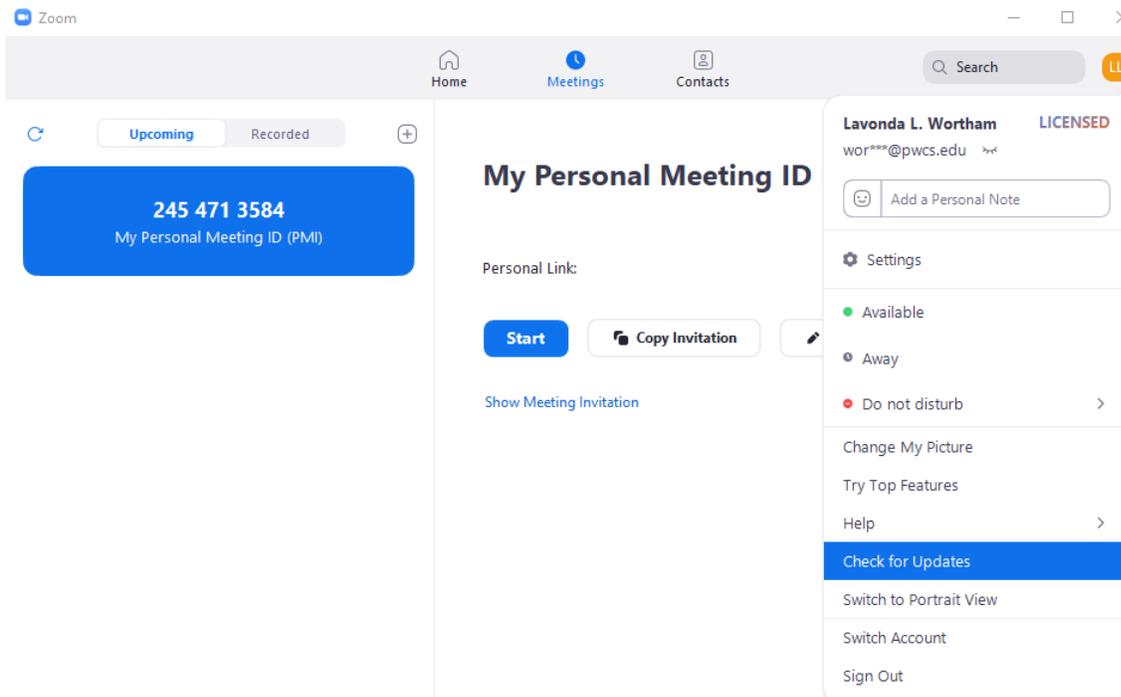
The window will tell you that either you have the most recent update already or that an update is available. If there is an update, the blue bar at the bottom of the window will appear.
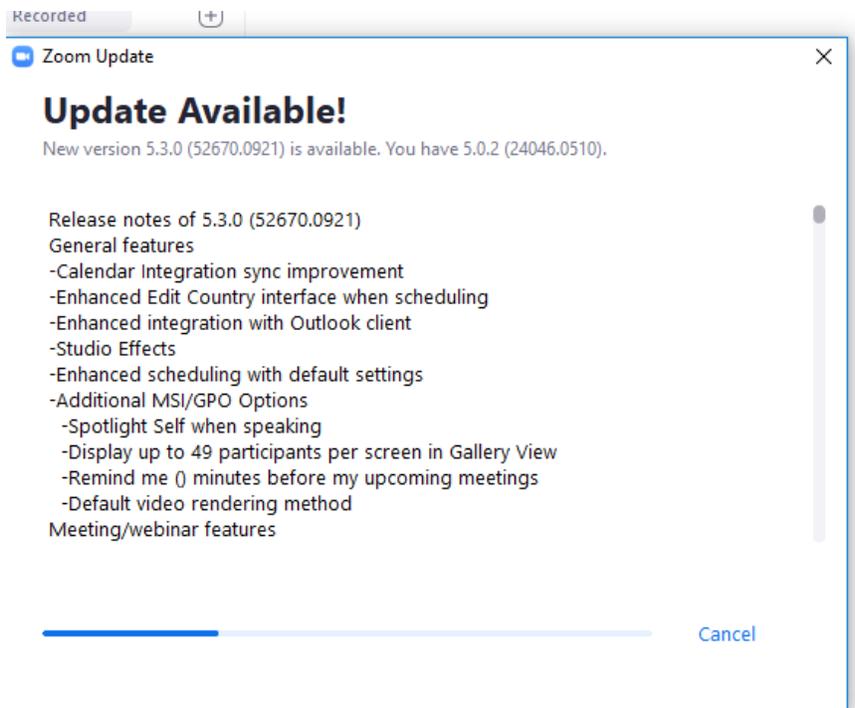
Click on the Update button when it appears. It may take a few minutes to update. Once done, your screen will refresh.