Click on the "Help" or "?" buttons found on the upper-right corner of the program, followed by the "Check for Update" option, in which you will be prompted in the "Check for Updates" page to "Download" and update your program.

For example: -

iClone 7 - DefProject.iProject					
File Edit Create Modify Animation Render	Viev	w Window	Plugins	Help	
	→	x ↔	. එ.		Online Manual F1
					Product Demo
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Template Custom					iClone Marketplace
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✓ Project Temp	⁸				Content Activation
1. Character					Content 1-Click Verification
2. GI					Reallusion on the Web
3. Morph 1. Character					iClone 7 on the Web
4. PBR	'isua				About iClone 7
5. LUT	-				
6. IBL					
2. GI					

--OR---

Click on the "Check for update" button in the welcome dialog box of the program and you will prompted on "Check for Updates" page, click the "Download" button of the patch to update your program. If more than 2 downloads are listed, please install all by sequence order.

For example: -

Reallusion FAQ https://kb.reallusion.com/General/52529/How-to-Check-for-Update