If you don't have an Apple phone, odds are pretty good you're running Android.

Enable automatic updates on an Android device:
https://support.google.com/googleplay/answer/113412?hl=en

The operating system of your device (Windows, Mac OS, Linux, Android, iOS) comes with a suite of tools and security features that will protect your device from being compromised. These threats are always changing, so it's important to make sure that your devices are automatically updating and applying the latest software patches to keep your data safe.

Windows 10 comes with an automatic update feature that includes security updates.

Enable automatic updates on your Windows 10 device:
https://support.microsoft.com/en-us/help/17154/windows-10-keep-your-pc-up-to-date

Enable automatic updates on your iPhone or iPad:
https://support.apple.com/en-us/HT202180

Enable automatic updates on your Apple computer:
https://support.apple.com/en-us/HT201541

Enable automatic updates on an Android device:
https://support.google.com/googleplay/answer/113412?hl=en