

# macOS Sequoia Upgrade Procedures

## Download macOS Sequoia

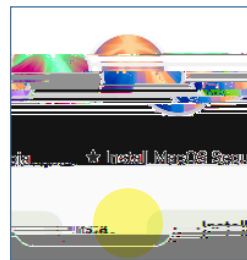
1. macOS Sequoia is available for download from the App Store. (If you are not a member of the Apple App Store, you can get it here.)



## Install macOS Sequoia

Once you have downloaded macOS Sequoia, follow these steps:

1. Launch the **Self Service** application from the Applications folder. (Make sure you are logged in as an administrator.)
2. Find **Install macOS Sequoia** and click **Install**.



3. After the installation is complete, you will be prompted to restart your Mac. Click **Restart**.