

# macOS Sequoia Upgrade Procedures

## Download macOS Sequoia

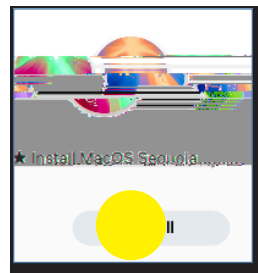
1. macOS Sequoia is available for download from the App Store. (If you are not a member of the App Store, download macOS Sequoia, and click **Get**.)



## Install macOS Sequoia

Once you have downloaded macOS Sequoia, follow these steps:

1. Launch **Self Service** 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, click **Restart** to begin the upgrade process.