

# 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, you can install it in two ways:

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



3. After the installation is complete, you can restart your Mac to use macOS Sequoia.