

Unpacking Your iSalus Choice Extraction Files

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Your iSalus Choice Extraction Files will arrive as a series of compressed, sequential ".7z" files, (such as "MyExport.7z.001", "MyExport.7z.002", etc.). You may follow the steps below to extract and restore the files into their original formatting:

1. Download all files with the `**7z.OXX**` extension (where XX is an incremental number). Note all `**7z**` files must be downloaded as they are dependent on one another to restore your data completely.
 2. Move these files into the same folder on your computer (for best results: add them to a newly created folder with no previous content)
 3. Run an **extraction app** on the file identified as "7z.001" (the first file in the series).
 - For Mac computers: we recommend "**The Unarchiver**" app as it is the most compatible with 7z files.
 - For Windows-based computers: We recommend using "**7Zip**" or "**WinRAR**" to extract these files.
 - **Important:** For best results, open the extraction app FIRST, then select the `**7z.001**` file inside the folder from the provided user interface of your application.
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