

Multi-Factor Authentication

Learn about how to begin using MFA to add a layer of security to your accounts.

1. What is Multi-Factor Authentication?

Multi-Factor Authentication (MFA) is a method where you provide two or more verification methods before logging into a site or application. A version of this is known as 2-Factor authentication (2FA).

Alongside entering a password, you might use one of the following verification methods with MFA:

- **SMS Token:** You receive a pin number or code via text to enable you to log in
- **Email Token:** This is the same as the SMS token, but this time the code is emailed to you
- **Software Token:** To get your login code, you use a third-party application like Google Authenticator
- **Phone Authentication:** This could be a fingerprint, retina scan, or facial recognition like some phones use now
- **Biometric Authentication:** This could be a fingerprint, retina scan, or facial recognition like some phones use now

Which of these have you experienced in the past? Were any easier for you than the others? Which do you prefer, and why?

On the next page, let's take a look at the account you currently use. We'll make a list from memory so that you'll have a checklist to use if you go back and ensure that each one is set up with MFA.

2. Considering Your Sites and Security Needs

List the websites you use where you might require additional security using the boxes below.

Email:

Financial websites (e.g. banking, et cetera):

Health-related websites:

Work- or school-related accounts:

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Social media accounts:

Document storage accounts (e.g. Dropbox, Google Drive, iCloud):

Anything else?

3. Checking for MFA Options

Now let's check the sites you use to see what MFA options are available to you. To see if a site allows for MFA, you can check the following:

- Account settings or security settings for a site. Often an option to enable MFA will be listed
- Search for the site along with the term "MFA" to see if it setting it up is a possibility and to see directions for how to set up MFA with a site

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Use the checkboxes next to the account you listed to indicate whether you can set up MFA. Cross each item off the list as you add MFA to your account.

4. Setting up Multi-Factor Authentication

Cross each item off your list as you add MFA to your account. Remember to select methods that work best for you. For example, if your phone isn't always with you, you might want to avoid a method that requires you to use your phone.