Two-Factor: Methods of Authentication

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There are many different ways you can authenticate with Duo, learn about them here and choose which is the best for you.

See also:
- Two-Factor: Getting started with Duo
- International Travel: Technology Tips

Methods Available

Push Notifications (via Duo Mobile) *Best Overall*

Generated Codes (via Duo Mobile)

Call or Text

Duo Token *Great backup option; good for travelers*

USB Security Key¹ ² *Best security; good for travelers*

¹Cannot be your only method of authentication.
²Only works with Google Chrome and Microsoft Edge.

Methods Comparison

<table>
<thead>
<tr>
<th></th>
<th>Push Notifications</th>
<th>Generated Codes</th>
<th>Call or Text</th>
<th>Duo Token</th>
<th>Security Key</th>
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</thead>
<tbody>
<tr>
<td>Usable w/o internet?</td>
<td>✗</td>
<td>✓</td>
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<tr>
<td>Usable w/o cell reception?</td>
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<td>Usable w/o phone?</td>
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<td>Requirements</td>
<td>Duo Mobile iOS [ ]/Android [ ]</td>
<td>Duo Mobile iOS [ ]/Android [ ]</td>
<td>N/A</td>
<td>Purchase [ ]</td>
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</tbody>
</table>

Questions?
If you have any additional questions or problems, don't hesitate to reach out to the Help Desk!

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