

# 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 Key<sup>1 2</sup> *Best security; good for travelers*

<sup>1</sup>Cannot be your only method of authentication.

<sup>2</sup>Only works with Google Chrome and Microsoft Edge.

## Methods Comparison

	Push Notifications	Generated Codes	Call or Text	Duo Token	Security Key
Usable w/o internet?	✗	✓	✓	✓	✓
Usable w/o cell reception?	✓	✓	✗	✓	✓
Usable w/o phone?	✗	✗	✗	✓	✓
Requirements	Duo Mobile iOS <input type="checkbox"/> /Android <input type="checkbox"/>	Duo Mobile iOS <input type="checkbox"/> /Android <input type="checkbox"/>	N/A	Purchase <input type="checkbox"/>	Purchase <input type="checkbox"/>

## Questions?

If you have any additional questions or problems, don't hesitate to reach out to the [Help Desk](#)!

Phone: [610-526-7440](tel:610-526-7440)

Email: [help@brynmawr.edu](mailto:help@brynmawr.edu)

Location: Canaday Library 1st Floor

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