The best practice (more secure) is to use an authentication app. Please let me know once you installed <https://www.microsoft.com/en-us/security/mobile-authenticator-app> and is ready for me to turn on MFA for your account and follow the steps below.  
  
1. go to <https://aka.ms/MFASetup>

Graphical user interface, application

Description automatically generated

2. [Select "**Mobile App**" in the step 1 drop down selection.](https://aka.ms/MFASetup)

3. Choose “**Use verification code**” in the next step.

4. [Click on "**Set Up**" to see a similar following screen:](https://aka.ms/MFASetup)A picture containing graphical user interface

Description automatically generated

5. Open your newly installed “Microsoft Authenticator” app and click on the “**+**” symbol on the top right.

Graphical user interface, text, application

Description automatically generated

6. Select “**Work or School Account**”, and then click on “**Scan QR code**” and scan the code on your computer. Then click “**Next**”.

Graphical user interface, text, application, chat or text message

Description automatically generated Graphical user interface, qr code

Description automatically generated

7. Click on “Next”.Graphical user interface, text, application, email

Description automatically generated

8. Enter the code from your phone, verify and confirm and complete the set up. Graphical user interface, text, application, email

Description automatically generated