

Multi Factor Authentication (MFA) on a Desktop/Laptop

Note: Before you begin this tutorial, you'll need to have an authentication application on your smartphone. If you're not sure what that is or how to get one, click [here](#)!

What is Multi Factor Authentication (MFA)?

Multi-factor authentication means using two things instead of one to prove it's really you.

Here's the easiest way to think about it:

- **Step 1:** You enter your password.
- **Step 2:** Your phone gives you a little code to make sure it's truly you.

That's it!

It's like using *both* a key **and** a quick "secret code" to get into your house. Much safer, but still easy once you get the hang of it.

Collaborators: Dylan Nelson and Taggart Vowels

Mac or PC – Using a Web Browser (Chrome, Safari, Edge)

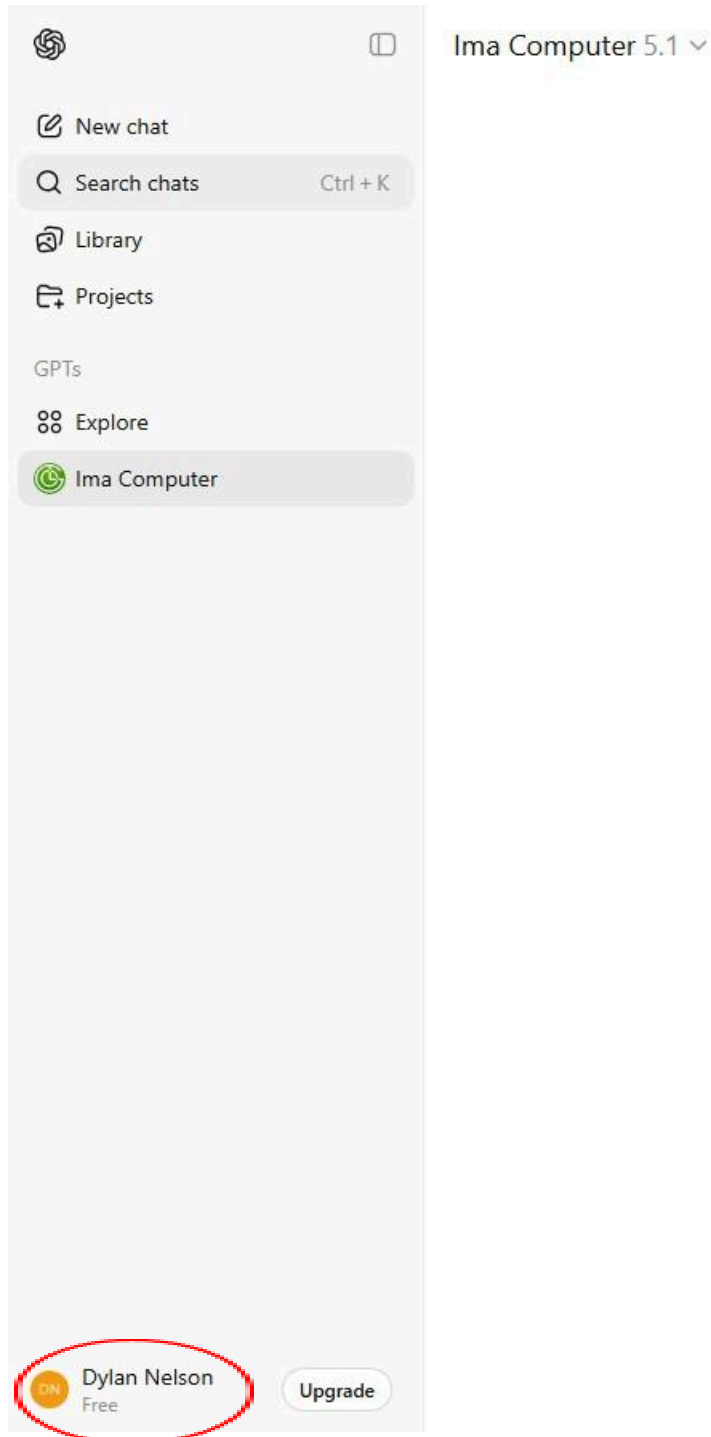
1. Go to chatgpt.com

2. Log into ChatGPT

- This will require entering your email or phone number.
- If you signed up using a Google, Microsoft, or Apple account, then select the same option.

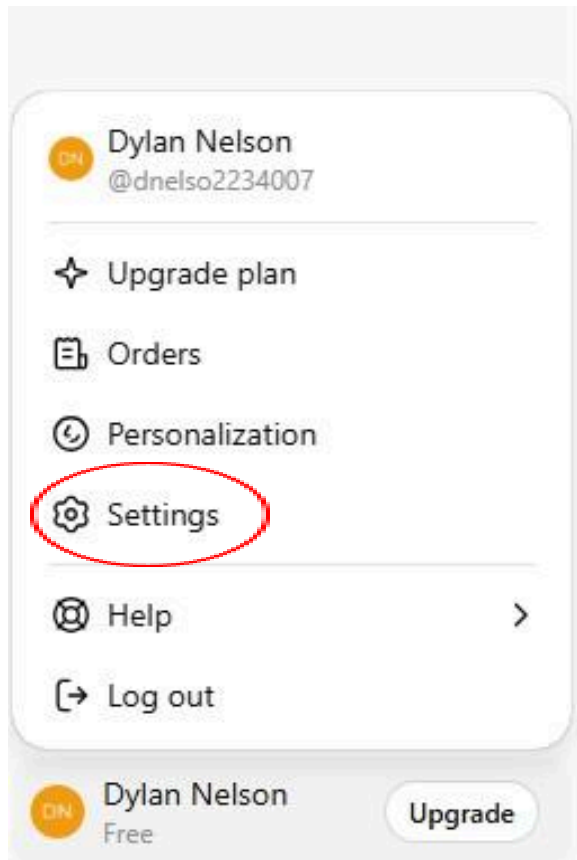
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3. From the ChatGPT home page, click on your user profile in the bottom left corner.



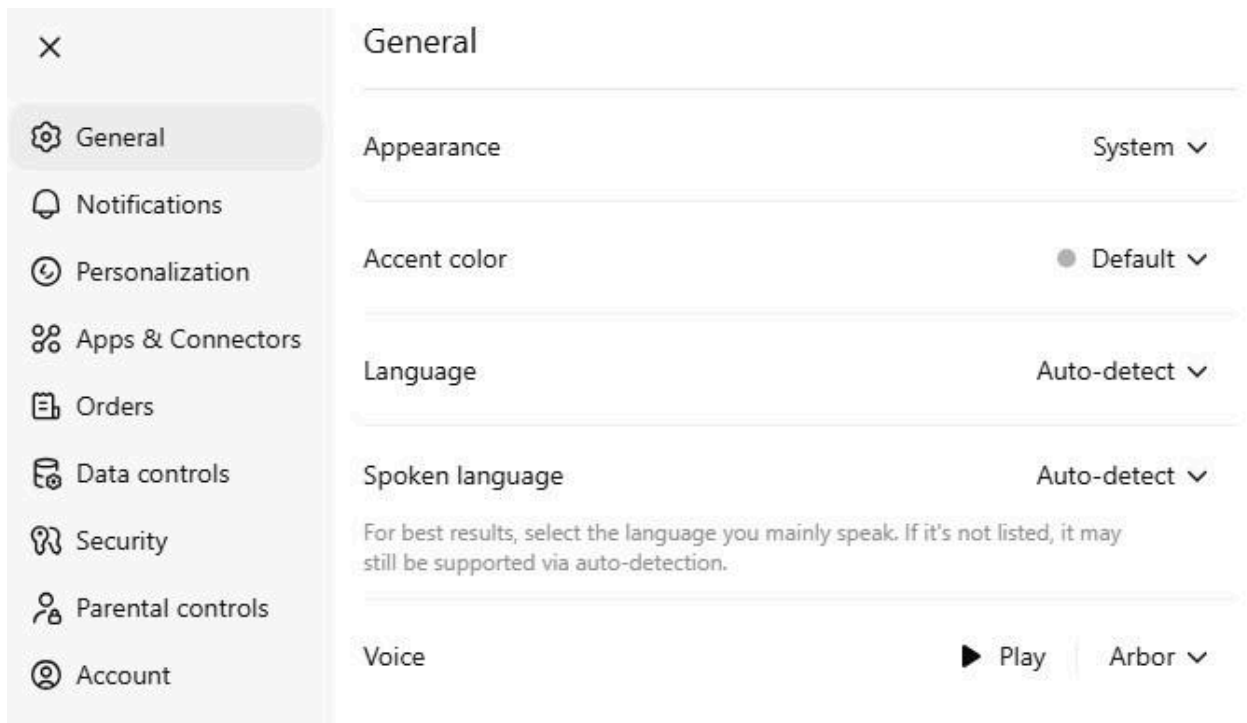
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4. Select  Settings from the menu that appears.




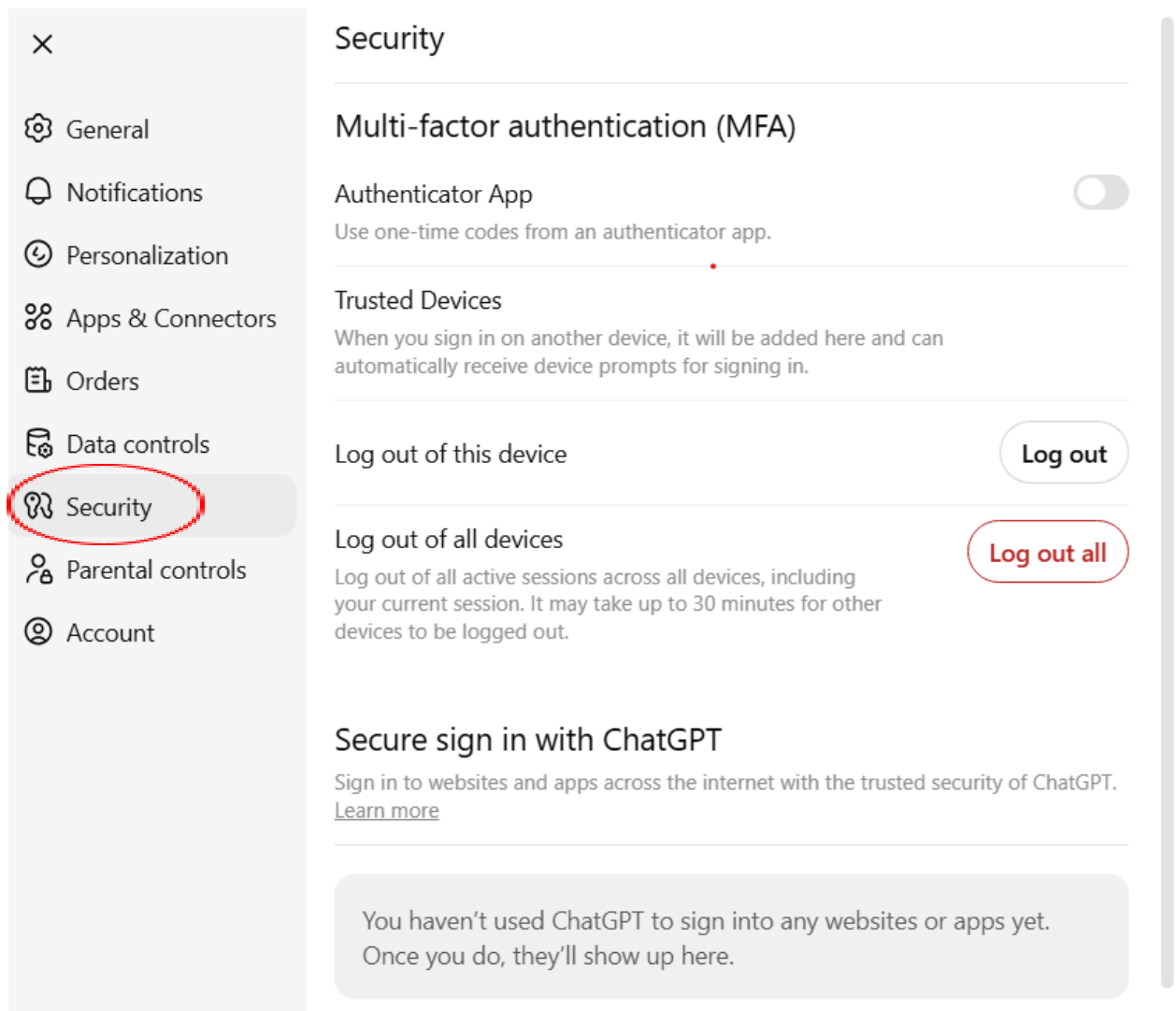
5. Navigate to security tab

- You'll see this page after selecting  Settings.



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- Click on  Security to go to the security page.



6. Click the button on the right side of the page next to “Authenticator App”.

Authenticator App

Use one-time codes from an authenticator app.



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7. Open the authenticator app on your smart phone

- Follow the instructions given by ChatGPT to finish setting up multi factor authentication.

Connect your authenticator app



Step 1: Scan the QR code using your authenticator app, then enter the 6-digit code from the app.



[Trouble scanning?](#)

Step 2: Enter your 6-digit code

Enter your 6-digit code

Cancel

Verify

8. 🎉 That's it, you're all done!

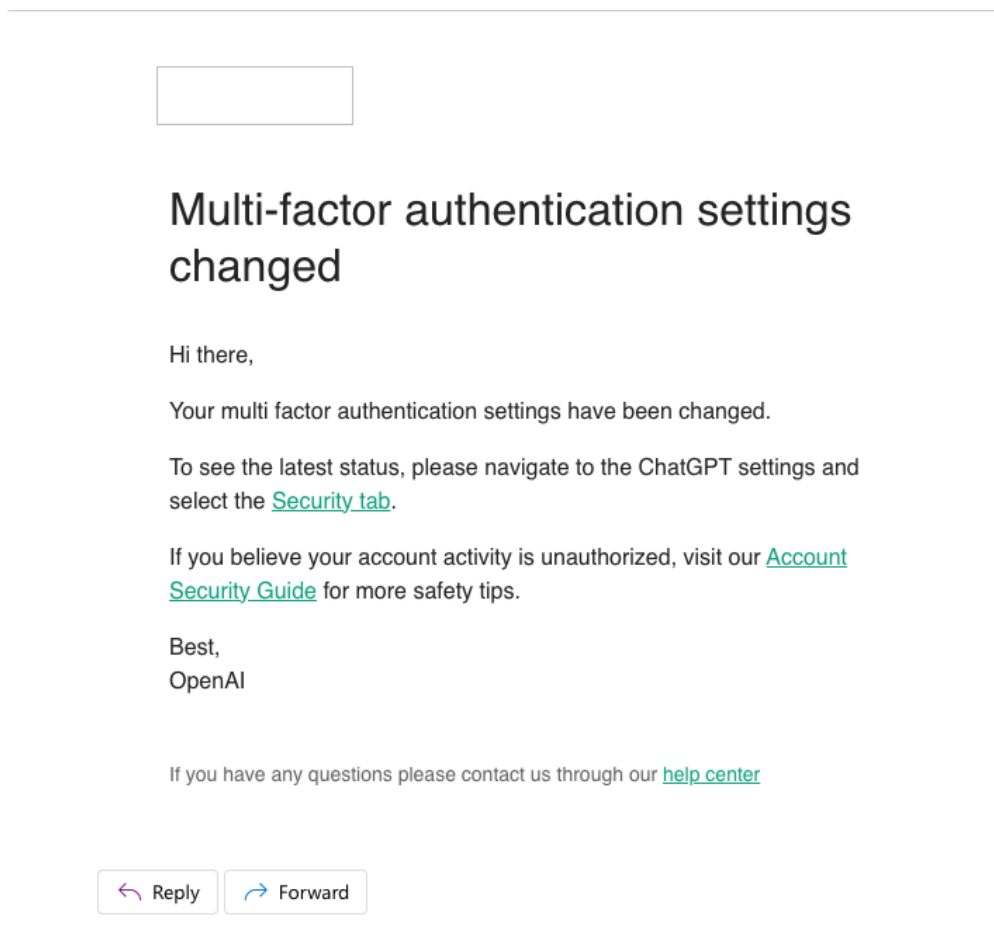
- You'll see the "Authenticator App" button turn blue.

Authenticator App

Use one-time codes from an authenticator app.



- You'll also see this email confirming you set multi factor authentication up.



💛 If you need to try again, that's okay! Sometimes it takes a few tries — and that's perfectly normal.