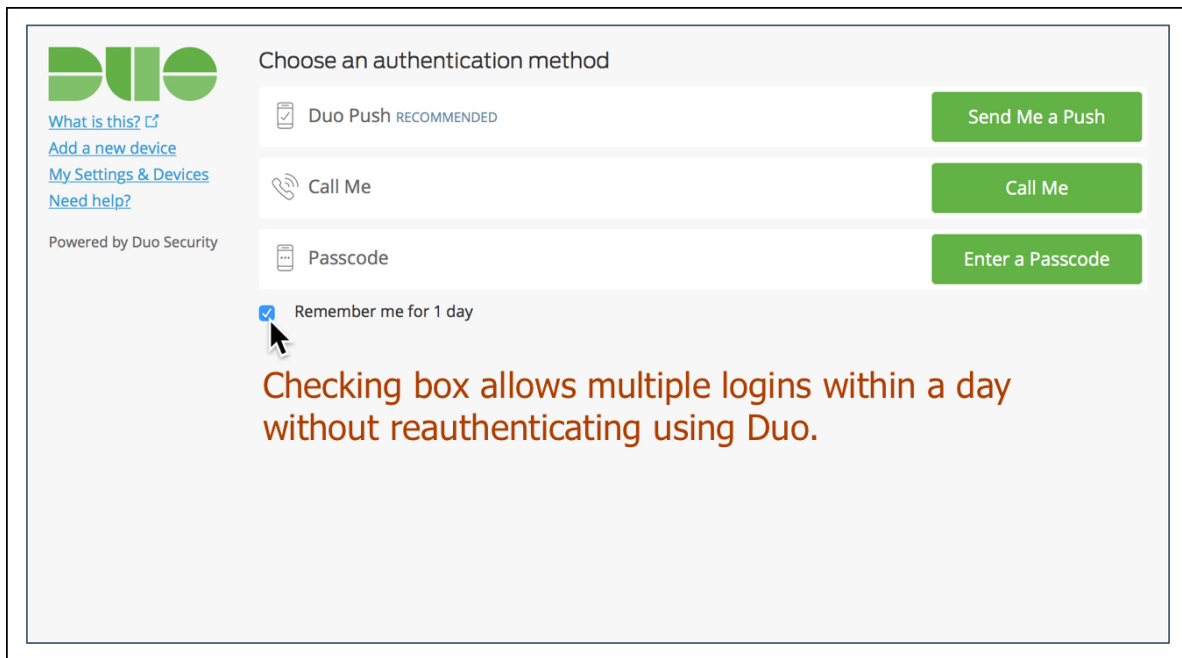# Duo Login Guide

When logging into a campus resource requiring Duo authentication, a prompt will ask which method to use. Three choices are available to authenticate:

1. **Duo Push**: This method is available when downloading the Duo app to a smart phone. The app will ask to verify a login. This is the preferred method of authentication because it is the quickest and easiest.
2. **Call Me:** This method will call the phone linked to the account and ask to verify a login attempt.
3. **Passcode:** This method will send a text message with a passcode to the phone linked. The passcode will then be entered to verify the login. This only works with a phone capable of receiving text messages.

A preferred authentication method can be selected so Duo will automatically use that method when logging in. Additionally, the "Remember me for 1 day" box can be checked if several logins will be done in a day. This allows multiple logins within a day without reauthenticating using Duo.