# Set up two-factor authentication

Two-factor authentication (2FA) helps protect your InsideTracker account. You'll sign in with your email and password, then enter a six-digit code from an authenticator app on your phone.

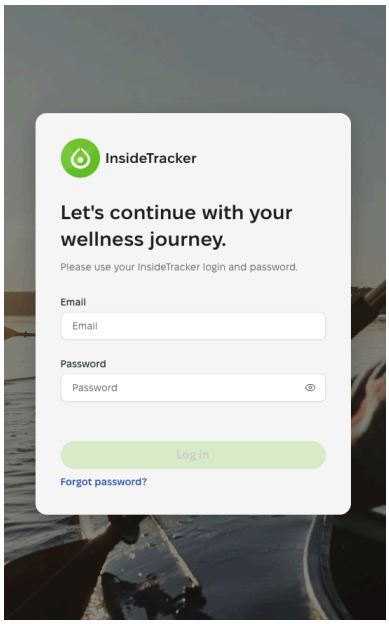
## Before you begin

Have your InsideTracker email and password ready, and install Google Authenticator on your phone. A download link is available on the setup screen. This guide uses Google Authenticator. If you use a different app, see Authenticator app help at the bottom of the FAQ tab.

Keep your QR code, setup key, and six-digit codes private. The screenshots below use examples; use the details on your own InsideTracker screen.

## 1 Sign in to InsideTracker

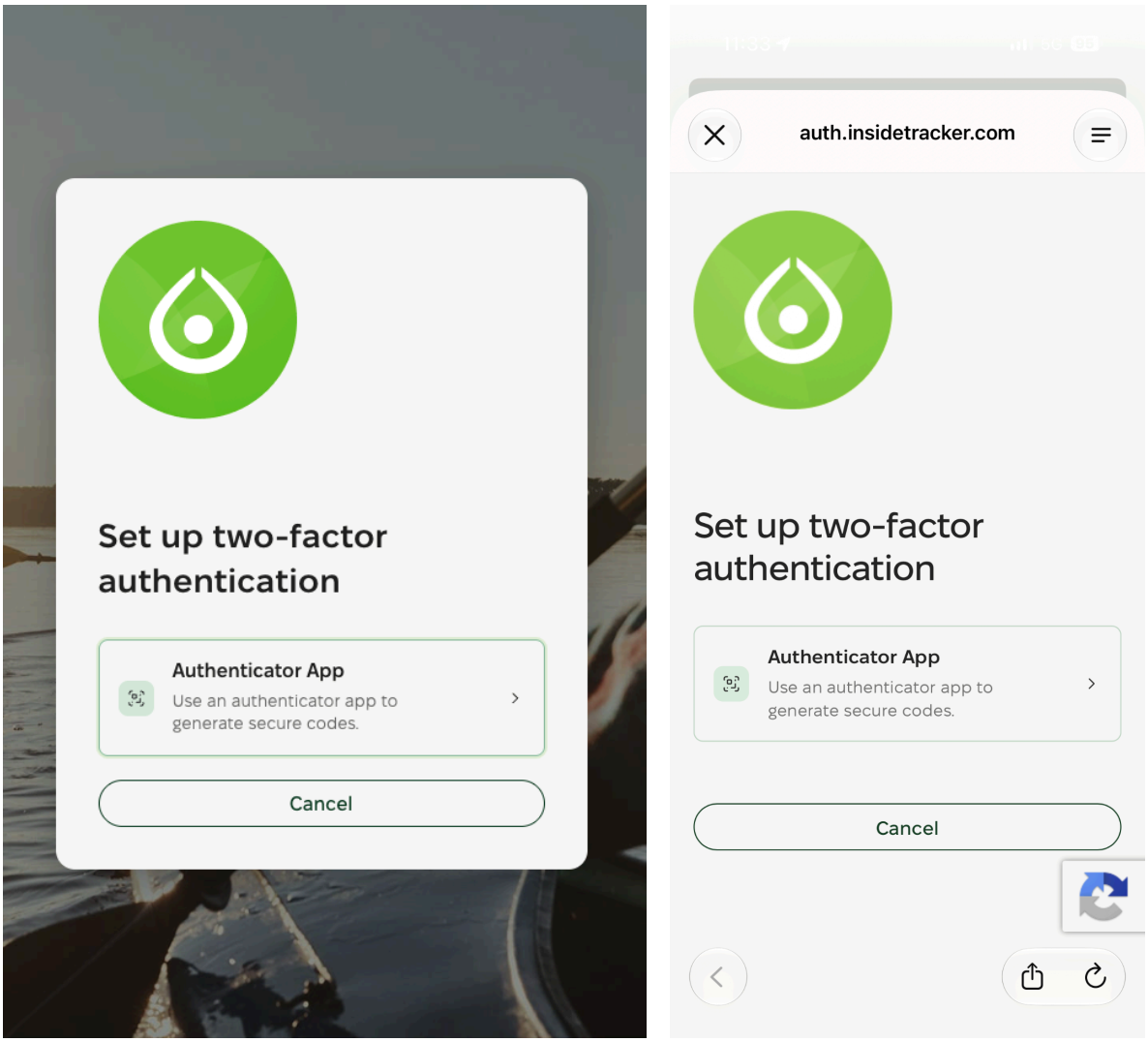
Open the InsideTracker website or app. Enter your email and password, then select **Log in**. If you've forgotten your password, select **Forgot password?**




*Example: website login screen.*

# 2 Choose Authenticator App

When you see **Set up two-factor authentication**, select **Authenticator App**.

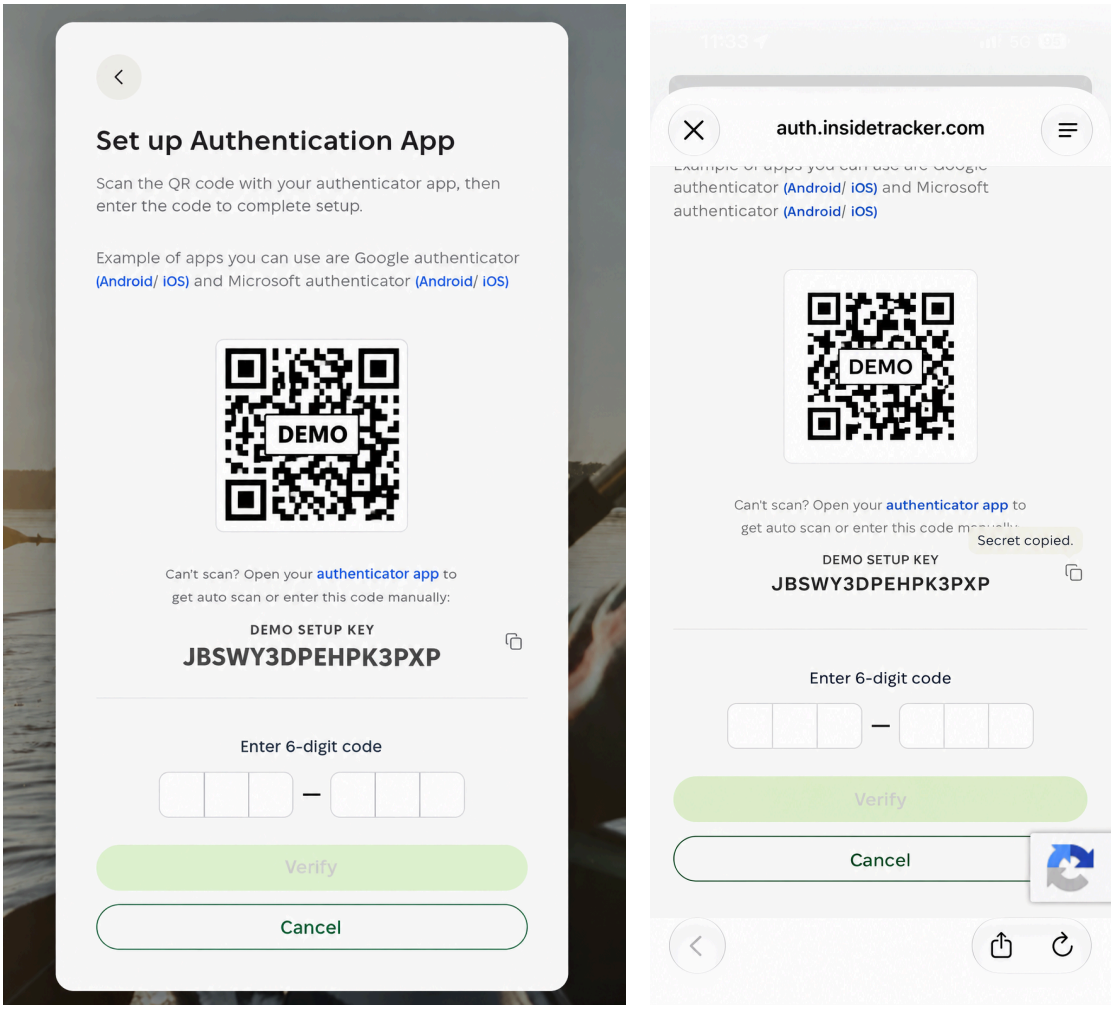



*Website example (left) and iPhone example (right).*

# 3 Add InsideTracker to Google Authenticator

InsideTracker shows a QR code and a setup key. Choose whichever option works for you:

- Using the same phone for both apps? Copy and paste the setup key.
- Using InsideTracker on a computer or another device? Scan the QR code with your phone.




*Website example (left) and iPhone example (right). QR codes and keys are examples. Use your own setup screen.*

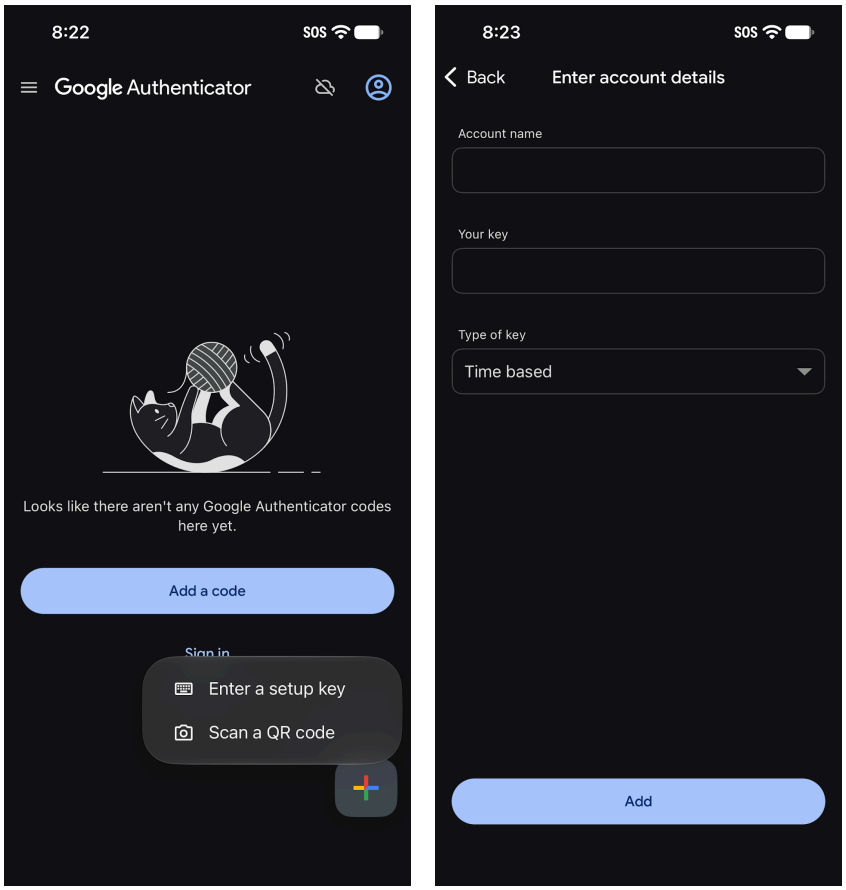
# Option A Copy and paste the setup key

In InsideTracker, find the setup key below the QR code. Tap or click the copy button beside it—it looks like two overlapping squares. On iPhone, “Secret copied.” means the key is ready to paste.

Open Google Authenticator. Tap Add a code or the plus (+) button, then Enter a setup key.

- **Account name:** Enter InsideTracker and the email address you use to sign in.
- **Your key:** Paste the full setup key you copied from InsideTracker.
- **Type of key:** Keep **Time based** selected.

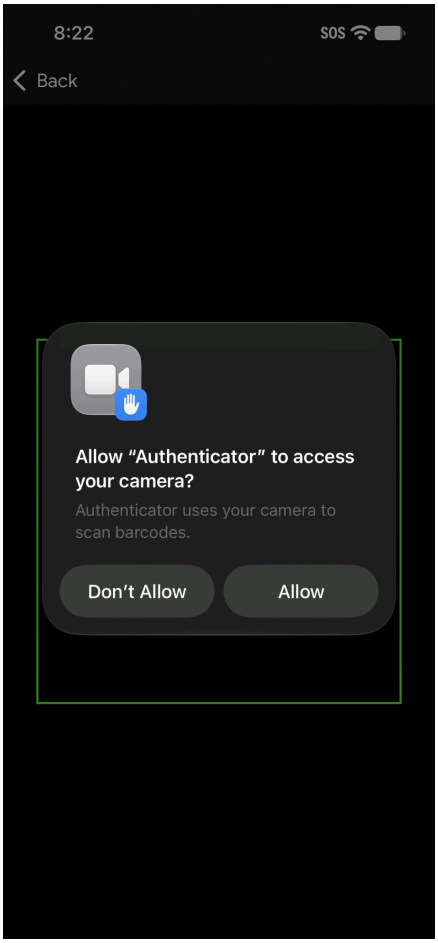
Tap Add to save the account.




*Google Authenticator on iPhone: choose Enter a setup key (left), then fill in the account details (right).*

## Option B Scan the QR code

Use this option when the InsideTracker setup screen is on a computer or another device. Open Google Authenticator, tap the plus (+) button, then Scan a QR code. Allow camera access if asked, and point your phone at the QR code on your own InsideTracker screen.

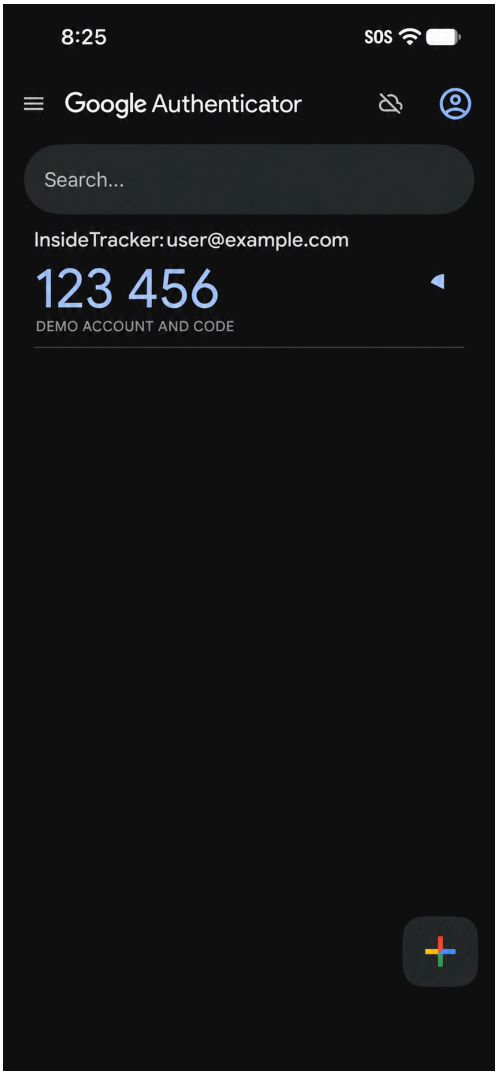



*Example: Google Authenticator on iPhone asks to use the camera.*

# 4 Find your six-digit code

Find InsideTracker in Google Authenticator. You'll see a six-digit code. If you have more than one InsideTracker account, check the name and email address to make sure you're using the right one.

Use the six-digit code to finish setup and whenever InsideTracker asks for a code during sign-in.




*Example account and code in Google Authenticator. Use the current code for your own account.*

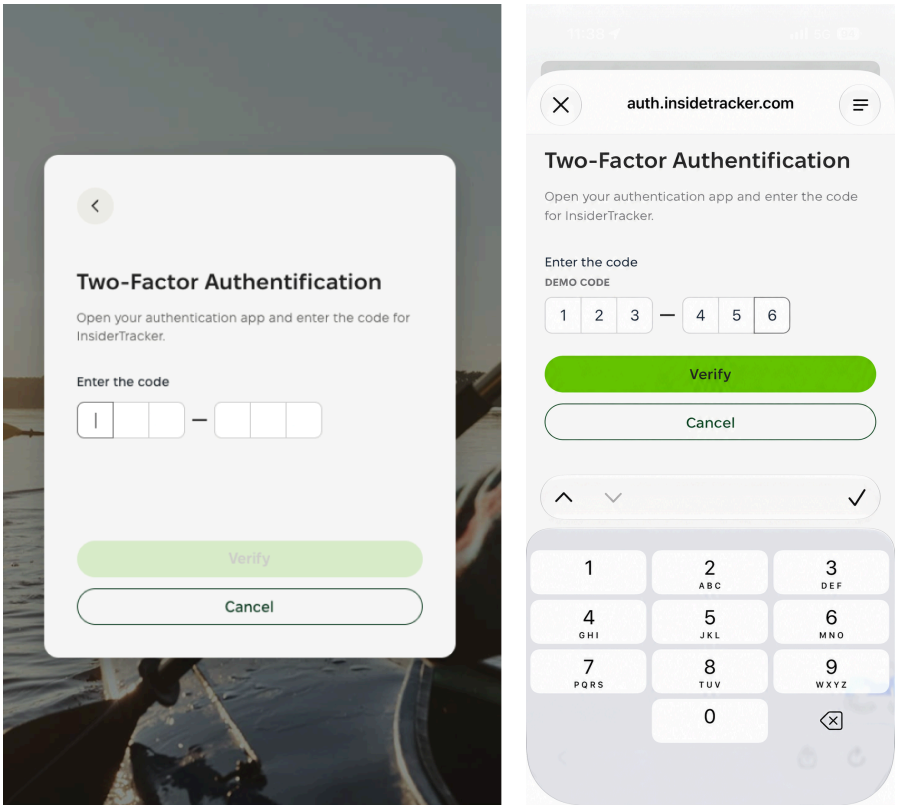
# 5 Enter the code to finish setup

Go back to InsideTracker. Enter the six-digit code from Google Authenticator in the **Enter 6-digit code** boxes, then select **Verify**. Enter all six digits, including a zero at the start if there is one. If the code is about to change, wait for a new one.

# 6 Sign in with your six-digit code

After setup, follow the steps on the screen. On the website, you'll return to the login screen and enter your email and password again.

When you see **Two-Factor Authentication**, find InsideTracker in Google Authenticator. Go back to the sign-in screen, enter the current six-digit code, and select **Verify**.




*Website example (left) and iPhone example (right). Use the current code from Google Authenticator.*

Once your sign-in code is accepted, you're signed in to InsideTracker. Keep InsideTracker in Google Authenticator so you can get codes for future sign-ins.