



Choosing the Right MFA Checkpoint

Modern Multi-Factor Authentication

What Is MFA?

Multi-factor authentication (MFA) requires two or more verification factors before access is granted. Like clearing multiple checkpoints in the race, it remains one of the most effective defenses against account compromise — but not every method is equally strong.

Common Tactics & How to Stay Safe

METHOD	PROS	CONS
 Authenticator Apps	Strong security with full offline functionality.	Requires access to a registered mobile device.
 Push Notifications	Fast and user-friendly to approve.	Users must stay alert to push-fatigue attacks.
 Biometrics	Convenient and difficult to replicate.	Requires compatible hardware to use.
 Hardware Security Keys	Highly resistant to phishing and takeover.	Requires carrying a physical device.
 SMS Codes	Widely available on any phone.	Less secure than modern alternatives.

Why MFA Matters

- ✔ Reduces the risk of credential theft.
- ✔ Supports compliance and security requirements.
- ✔ Protects sensitive business and personal data.
- ✔ Stops access even when passwords are exposed.



RACE TIP

The strongest racers clear multiple checkpoints. The strongest accounts use MFA.