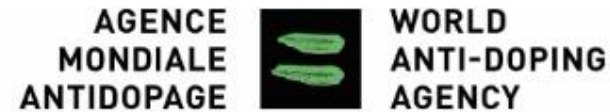


ADAMS Two-Factor Authentication (2FA)

Optional for athletes:

1. Set up TOTP (see page 2); or
2. Set up SMS (see page 3); or
3. You could also set it up later by clicking “skip for now”; or
4. You could opt out



[Why two-factor authentication?](#)

Select a Two-Factor Authentication (2FA) method

ath.test [Back to login](#)

Please configure two-factor authentication to increase the security of your account.

Select a method of authentication

- 1 **Time-based one-time password (TOTP)**
A verification code will be generated using an Authentication application that you will need to have on your mobile device.
- 2 **SMS**
A verification code will be sent by SMS to your mobile device.

NEXT **3 SKIP FOR NOW**

4 Or, you could [opt out](#).

Option 1: Configure 2FA with TOTP

- Install or open (if already installed) your two-Factor authentication application on your mobile device.
[Authy](#), Google authenticator ([Android](#) and [iOS](#)) or Microsoft authenticator ([Android](#) or [iOS](#))
- Use the app to scan the provided QR code (like you are taking picture of the QR code) or display the manual code.
- Enter the generated code by your App or the manual code (if used). Then, enter your password and validate.

Configure your Time-based one-time password (TOTP)

1 Get a Multi-factor authentication application on your mobile. We recommend **Authy**:



2 Open your virtual Multi-Factor authentication application and **scan** the following QR code.



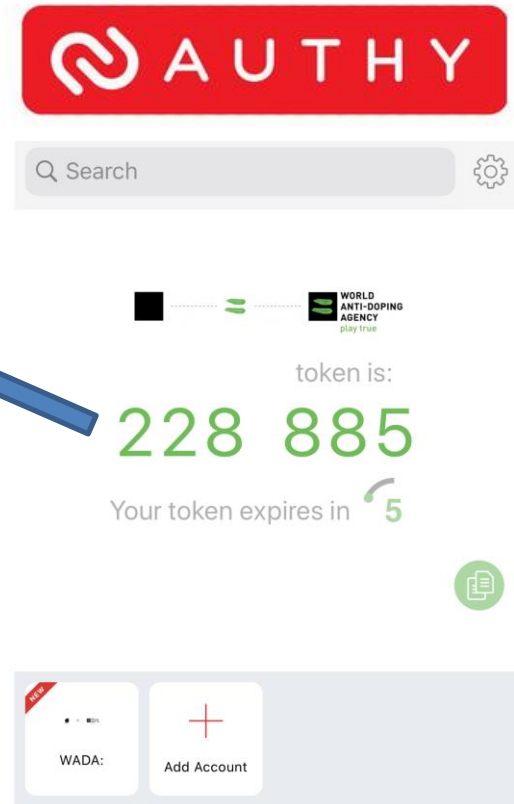
QR code is not working?
[Show manual code](#)

3 Enter the verification code in the box below.

Verification code

[Back to login](#)

Two-Factor Authentication App:



Option 2: Configure 2FA with SMS

Two-Factor Authentication with One-Time Password configuration

In order to increase the security of your account, you are required to configure a Two-Factor Authentication with One-Time Password with one of the following methods:

- TOTP: use an Authenticator Application to generate a temporary one-time password (highly recommended).
- SMS: receive a verification code on your mobile device.

Please select the method you want to configure:

[Configure 2FA with TOTP](#)

[Configure 2FA with SMS](#)

[I want to configure it later](#)

[I want to opt out](#)

Configuration of Two-Factor Authentication with SMS

SMS is currently not configured.

To improve the security on login, please configure the SMS used for Two-Factor authentication.

When you own a smartphone (i.e., iPhone, Android, Windows Phone), it is recommended to configure One-Time Password, instead of SMS verification.

Step 1- Enter the phone number (Country code + phone number) and send the verification code.

[Send Verification Code](#)

Step 2- Enter the code received by SMS, your password and validate.

Code received by SMS:

Your password is required each time for security reasons

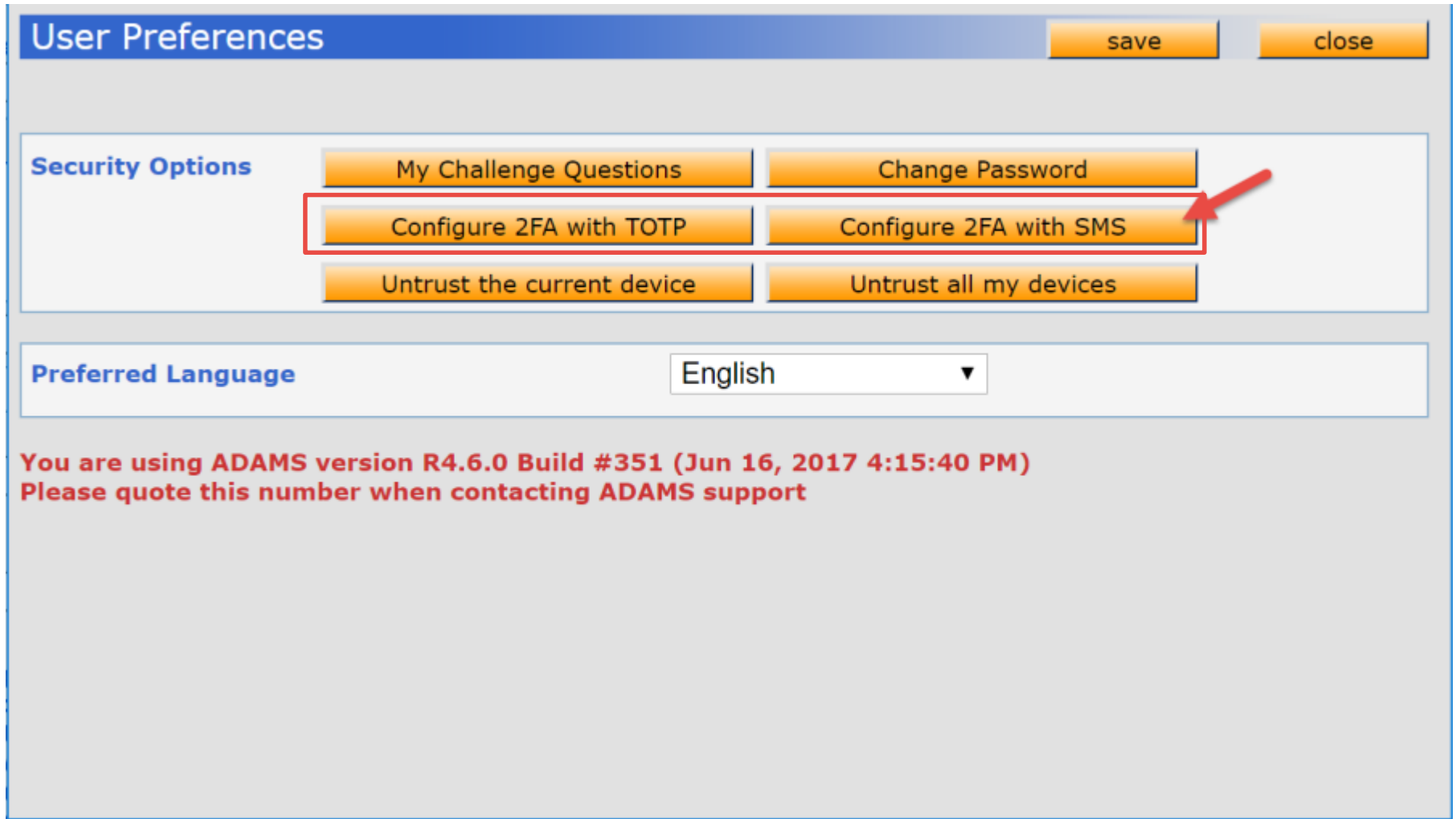
Password:

*

[Validate](#)

Reset 2FA

- Click your name on the top right corner
- Set up your preferable 2FA option



The screenshot shows the 'User Preferences' dialog box. At the top, there is a blue header bar with the text 'User Preferences' on the left and two yellow buttons labeled 'save' and 'close' on the right. Below the header, the 'Security Options' section is highlighted with a red border. This section contains six yellow buttons arranged in three rows: 'My Challenge Questions', 'Change Password', 'Configure 2FA with TOTP', 'Configure 2FA with SMS', 'Untrust the current device', and 'Untrust all my devices'. A red arrow points to the 'Configure 2FA with SMS' button. Below the 'Security Options' section, there is a 'Preferred Language' section with a dropdown menu currently set to 'English'. At the bottom of the dialog, there is a red text message: 'You are using ADAMS version R4.6.0 Build #351 (Jun 16, 2017 4:15:40 PM) Please quote this number when contacting ADAMS support'.