

Method	Notes	Requires Cell Phone	Requires Special Device	Allows Password Reset	Allows Multi-Factor Authentication
Passkey in Microsoft Authenticator		Yes	No	No	Yes
Security Key or Passkey		No	Sometimes	No	Yes
Security Key		No	Yes	No	Yes
Microsoft Authenticator		Yes	No	Yes	Yes
Hardware Token	Not Recommended	No	Yes	No	Yes
Phone		Yes	No	Yes	Yes
Alternate Phone		Yes	No	No	Yes
Office Phone	Not Recommended	No	Yes	No	Yes
Email	Recommended	No	No	Yes	No
Security Questions	Recommended	No	No	Yes	No