

# GOOD IDEAS

## GOOD MFA VS. BAD MFA

Review your MFA policies and technical controls.

Multifactor authentication<sup>1</sup> is a must in today's business landscape, but the way you use MFA can make a difference in how safe you are.

Any MFA is better than none, but some methods can lead to more headaches than they prevent.

IT is complicated. Knowing the right questions to ask can be difficult. When it comes to implementing good MFA protocols, here's a checklist of good ideas.

### Ask your IT expert:

- Do we authenticate daily?**  
Never allow employees to check a box to "Keep me logged in" or "Don't ask again for 30 days."
- Do we force people to use the app to authenticate rather than email or text?**  
It's much easier to intercept or impersonate authentication requests via email or SMS texts.
- Do we require number matching?**  
Basic push notifications can be abused through "MFA fatigue" attacks<sup>2</sup>. Number matching reduces accidental approvals.

### Need Help Answering These Questions?

Call us at (616) 949-4020 or email us at [GoodIdeas@hungerford.tech](mailto:GoodIdeas@hungerford.tech).

<sup>1</sup> <https://www.hungerford.tech/blog/what-is-two-factor-authentication/>

<sup>2</sup> <https://www.hungerford.tech/blog/what-is-multifactor-authentication-prompt-bombing/>