

HEADQUARTERS  
**ARMED FORCES OF THE PHILIPPINES CYBER COMMAND**  
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**One Password Isn't Enough,  
Protect with Multi-Factor Authentication (MFA)**



**Overview**

In today's digital world, passwords alone are no longer enough. Cybercriminals can steal or guess them through phishing, malware, or data breaches. Once they have your password, they can break into your accounts, steal sensitive data, or impersonate you.

MFA provides a powerful defense. It requires you to prove your identity in more than one way, making it much harder for hackers to get in. It enables a user to use at least two different verification steps before you can access your account. Think of it as a layered security checkpoint. MFA can be:

1. Something you know: a password or a PIN.
2. Something you have: a phone, security token, or one-time code.
3. Something you are: biometric proof such as a fingerprint or face scan.

Even if attackers steal your password, they cannot pass the second or third step.

MFA can be useful to military systems and networks as it blocks common hacking attempts, prevents unauthorized access to personal, financial, or military data,

reduces risk of identity theft and data breaches and protects mission-critical systems where security cannot be compromised.

Examples of MFA uses are:

1. Logging into email with a password plus a code sent to your phone.
2. Online system that asks for a one-time PIN (OTP).
3. Unlocking an app using face recognition or fingerprint scan.
4. Using authenticator apps like Google Authenticator or Microsoft Authenticator.

## **Recommendations**

Following are the recommendations in utilizing MFA to AFP networks:

1. Enable MFA on all important accounts: email, banking, work, and social media.
2. Use authenticator apps instead of SMS (texts can be hijacked).
3. Keep backup codes stored securely in case you lose your phone.
4. Never approve a login request you didn't start.
5. Regularly review devices linked to your accounts.

## **Conclusion**

With MFA, you are not just locking your door, you are double-securing it. In a world where cyber threats evolve daily, this extra step can mean the difference between safety and compromise.

## **References:**

- a. <https://pages.nist.gov/800-63-3/sp800-63b.html#multifactorOTP>
- b. <https://learn.microsoft.com/en-us/entra/identity/authentication/concept-mfa-howitworks>
- c. [https://cheatsheetseries.owasp.org/cheatsheets/Authentication\\_Cheat\\_Sheet.html](https://cheatsheetseries.owasp.org/cheatsheets/Authentication_Cheat_Sheet.html)