Instructions:

If you don't have a smartphone, your regular cell phone will work, too. Follow these steps:

1. From a computer, click https://aka.ms/mfasetup and sign in with your MultiCare-assigned account <username>@multicare.org.
2. Click Next when the More information required screen is shown.
3. On the Keep your account secure page, click I want to set up a different method.
4. Use the drop down to select Phone. Click Confirm.
5. Enter your cell phone number and click Next.
6. You will receive a phone call, follow the instructions in the call and after verification click Next.
7. Your account is enabled for MFA.