

How to add trusted phone numbers to Apple ID

You should note that a reliable phone number is all you need to gain access to your account in the event of a password loss, so make sure you only add a friend / friend's number. Very confident.

Like many technology companies, Apple has implemented two-factor authentication, in which you must verify your login information from a trusted device / phone number before you are allowed to log in. your account. This is designed to protect access to Apple ID accounts, purchases, data, etc.

Two-factor authentication also allows you to add a phone number, where you can choose to receive text messages or voice calls automatically indicating the verification code to enter on the new device.

You can add a friend or family member as a backup plan. You should note that a reliable phone number is all you need to gain access to your account in the event of a password loss, so make sure you only add a friend / friend's number. Very confident.

You can add trusted phone numbers in macOS and on iOS / iPadOS devices by following the instructions below.

Add a trusted phone number on macOS

If your Mac is running macOS Catalina:

1. Open **System Preferences** on a Mac and select '**Apple ID**' from the top row.
2. Click **Password & Security** .



Click on Passwords & Security

3. Click **Edit** next to '**Trusted Phone Numbers**' and follow the steps to add a phone number.

If your Mac is running macOS Mojave and earlier:

1. Open **System Preferences** on a Mac.

2. Click **iCloud**.

3. Navigate to **Accounts Details > Security** . Please click the + button above the list of **Trusted Phone Numbers** . Follow the steps to add and verify the new number (s).

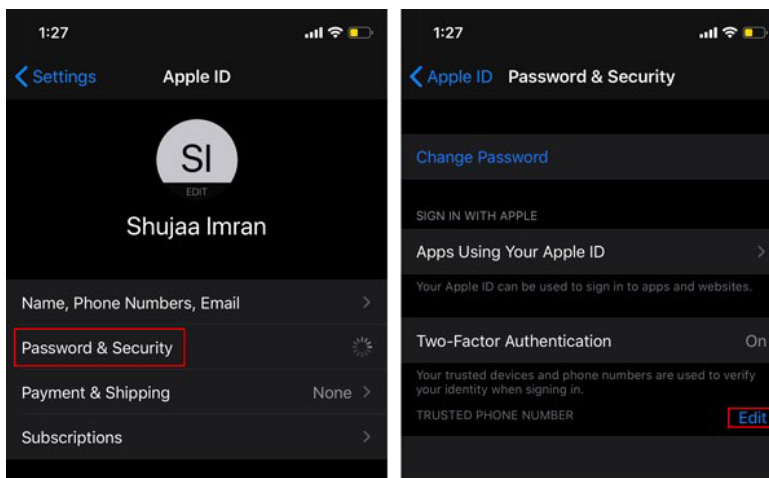
Add a trusted phone number on iOS

If you have a device running iOS / iPadOS, just follow these steps to add a trusted phone number to your account:

1. Open the **Settings** application .

2. Touch your account name at the top of the screen.

3. Select **Password and Security** and click **Edit** to the right of **Trusted Phone Numbers** . Follow the steps to prompt you to add a phone number.



Click Edit to the right of Trusted Phone Numbers

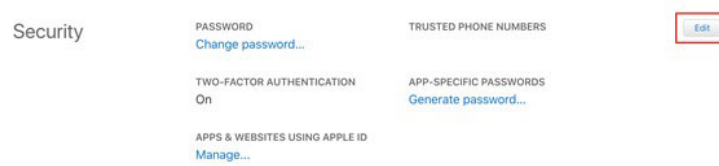
Add a trusted phone number on Apple's website

You can also choose to add a phone number directly from the Apple website. Do this as follows:

1. Log in to the Apple ID website.

<https://appleid.apple.com/#!&page=signin>

2. Click **Edit to** the right of **Security**.



Click Edit to the right of Security

3. Click '**Add Trusted Phone Number**' and follow the steps.

Apple has a recovery option in case you lose access to your account and don't have a trusted phone number, but it's a lengthy process and account access isn't always guaranteed. Bao. This is one of the main reasons you should consider having an alternate backup phone number on your account.

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