

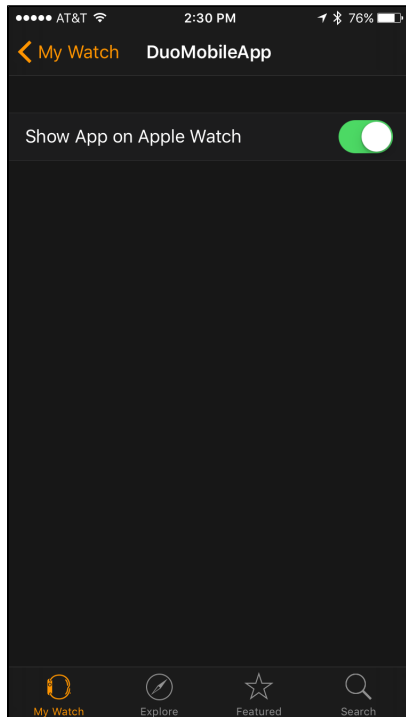
# Using an Apple Watch with Duo

## Using an Apple Watch with Duo

It is easy and convenient to authenticate to MIT services using an Apple Watch. If you have not already done so, you first need to register your iPhone with Duo. If you need to complete this step, [read this article first](#).

Once your iPhone is registered, complete the following step to log into MIT services.

On your "My Watch" app, navigate to the Duo Mobile app setting and set the option "Show App on Apple Watch" to on as shown in the screenshot below.



After connecting the Duo Mobile app to your Apple Watch, you will get a notification sent to your watch each time to log into an MIT Service. To see how the process works, watch [this video](#) on the Duo website.



**Note:** You will only receive the Duo notification on your Apple Watch if your iPhone is unlocked. If your phone is locked, the Duo login notification will be sent to your phone and not your watch.