

Your Apple Account: The 5-Minute Security Checkup

Do this once. Sleep better forever.

Your Apple Account is the master key to your photos, messages, purchases, passwords, and more. Apple's security is so strong that even they can't let you back in without the right credentials.

1

Verify Your Trusted Phone Number

On iPhone: **Settings** → **[Your Name]** → **Sign-In & Security** → **Two-Factor Authentication**

- Make sure the phone number listed is one you still own and can access.
- Consider adding a second number (even a landline) as a backup.

2

Audit Your Trusted Devices

On iPhone: **Settings** → **[Your Name]** → **Sign-In & Security** → **Two-Factor Authentication**

- Review all devices signed into your account.
- Remove anything you no longer own, recognize, or use.

3

Set Up a Recovery Contact

On iPhone: **Settings** → **[Your Name]** → **Sign-In & Security** → **Recovery Contacts**

- Choose a trusted person (family or close friend) with an Apple device and iMessage.
- They won't gain access to your account, only the ability to generate a code for you if you're ever locked

4

Decide About a Recovery Key

On iPhone: **Settings** → **[Your Name]** → **Sign-In & Security** → **Recovery Key**

- A Recovery Key gives you maximum control, but if you lose it and lose access to your trusted devices, Apple absolutely cannot help you. You'll be locked out, permanently.
- Set it up. Print it. Store it securely offline. And do *not* store it only in Apple Passwords or iCloud Drive.

5

Consider a Legacy Contact

On iPhone: **Settings** → **[Your Name]** → **Sign-In & Security** → **Legacy Contact**

- This designates someone to access certain data in your account after your death, including photos, messages, notes, and files. Purchases and passwords will not be accessible.
- Your Legacy Contact will need the access key you generate plus a death certificate to make a request.



If You're Already Locked Out

1. Start at <https://iforgot.apple.com/>
2. Use your Recovery Key (if set up)
3. Contact your Recovery Contact for a code (if set up)
4. If none of the above apply → start Apple Account Recovery at iforgot.apple.com.
Expect the process to take several days. Calling Apple Support will not speed this up.

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