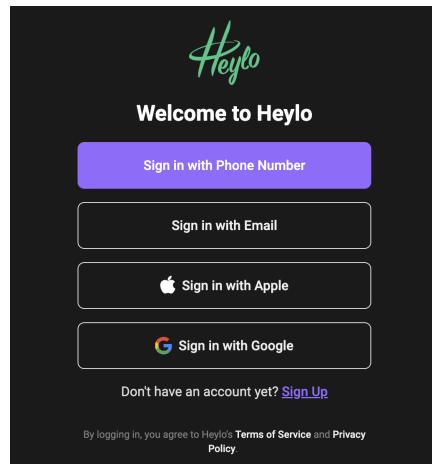# Log in

Once you have signed up with Heylo, you can log in from any device by logging in. Be sure to use your same authentication method. Google Authentication sign-ups, for example, must select the Google option and cannot log in via email.

To prevent duplicative accounts, use phone number verification.

To switch a sign-up method, get in touch with the Heylo team.