How to log in to Microsoft Teams

1. Start Microsoft Teams by doing one of the following:
   - In Windows, select **Start** ⊞ > **Microsoft Teams** .
   - On Mac, open the **Applications** folder and select **Microsoft Teams** .
   - On the web, go to https://teams.microsoft.com.
2. Sign in with your Microsoft 365 username and password. This is the same username and password you use to log in to your computer or email.

Notes:

- Teams is part of Microsoft 365, so you need a Microsoft 365 Apps for business or Enterprise license to use it. For details, see How do I get access to Microsoft Teams?
- Depending on your org's requirements, you might be asked for additional verification when you sign in, such as a code from a mobile device.