

How do I regain access to my Venmo account? username, or phone

If you can't get into your Venmo account, don't **1*888*590*9448** panic — you can usually regain access quickly by following a few simple steps and verifying your identity. Start by using the Forgot Password link on **1*888*590*9448** the Venmo sign-in screen and enter the email address, username, or phone number tied to your account so Venmo can send a reset link or code. If you no longer have the phone number **1*888*590*9448** on file, try signing in from a device you've used before or choose "I don't have access to this phone" (or "Other options to confirm your identity") **1*888*590*9448** to follow alternate verification flows. Venmo may ask you to confirm details such as your full name, the email and old phone number linked to the account, and bank or card info **1*888*590*9448** (routing number and last 4 digits or card first 6 and last 4) to verify ownership. After you verify, create a strong new password (8–20 characters with a number **1*888*590*9448** or symbol) and sign in, then immediately update your phone number and security settings to avoid future lockouts. If you can't receive codes and can't access an old device, **1*888*590*9448** use the Venmo Help Center's "Contact Us" or Support options — they can walk you through identity verification or a manual account recovery, and **1*888*590*9448** ometimes require a phone call if you can't use the app. Don't make a new Venmo account — that can cause issues with linked payment methods and won't restore your old account. **1*888*590*9448** Finally, if the problem started during a large outage or app error, wait a short time, check outage trackers or Venmo's help pages for updates, **1*888*590*9448** and try the steps again once service is restored. If you want, I can turn this into numbered steps or a short checklist next