1. Login in your account → click settings icon → choose Account info

2. Choose Account Security → enable Two-step verification
3. Enter your phone number to get the code.

4. Enter code to verify your account
5. Here you have enabled two-step verification Success. Then click Create app passwords.

6. There are many options available. Choose the device you would like to use your email and click Generate to create the corresponding password.
7. Here you get your app password.

8. Getting back to this page of your email, you can manage your app passwords.
9. Input IP address on IE to get in the camera setting page. 
IP address can be found in the app. See pic bellow.

Fill in all the info show in the picture bellowed.
10. Back to your email, you can receive email Alert when motion is detected by the camera.