In order to make changes to your Duo account, log into any site that requires Duo. Click on My Settings & Devices.

You will then be asked to authenticate through Duo. Use your preferred log on option to continue.
From here, you can add a new device, including a landline, or a table. Just click Add another device.

Chose the device you would like to add.
Add the number you would like to your account and an extension if needed. You can also add an extension for the phone. Hit Continue once done.

Once the line is added, your account can then use that phone number.
In My Settings & Devices, you can also delete numbers or remove old devices.

You will then have to confirm the removal.