



## RF EXPOSURE EVALUATION REPORT

**Application No.:** GZCR2108020990AT  
**Applicant:** My Everyday Health LLC  
**Address of Applicant:** 6951A N Hanley Rd, Hazelwood, Missouri, United States 63042  
**Manufacturer:** Guangdong Transtek Medical Electronics Co., Ltd  
**Address of Manufacturer:** Zone A, No.105, Dongli Road, Torch Development District, 528437 Zhongshan, Guangdong, China  
**Factory:** Guangdong Transtek Medical Electronics Co., Ltd  
**Address of Factory:** Zone B, No.105, Dongli Road, Torch Development District, 528437 Zhongshan, Guangdong, China  
**Equipment Under Test (EUT):**  
**EUT Name:** HUB  
**Model No.:** 204001  
**Trade Mark:** Me.  
**Standard(s) :** 47 CFR Part 2.1091  
47 CFR Part 1.1310,  
47 CFR Part 1.1307  
**Date of Receipt:** 2021-08-13  
**Date of Evaluation:** 2021-08-13 to 2021-09-01  
**Date of Issue:** 2021-09-03

|                     |              |
|---------------------|--------------|
| <b>Test Result:</b> | <b>Pass*</b> |
|---------------------|--------------|

\* In the configuration tested, the EUT complied with the standards specified above.

Kobe Jian  
EMC Laboratory Manager



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# SGS-CSTC Standards Technical Services Co., Ltd. Guangzhou Branch

Report No.: GZCR210802099003

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| Revision Record |         |            |          |          |
|-----------------|---------|------------|----------|----------|
| Version         | Chapter | Date       | Modifier | Remark   |
| 01              |         | 2021-09-03 |          | Original |
|                 |         |            |          |          |
|                 |         |            |          |          |

|                         |  |                                                                                     |  |  |
|-------------------------|--|-------------------------------------------------------------------------------------|--|--|
| Authorized for issue by |  |                                                                                     |  |  |
|                         |  |  |  |  |
|                         |  | Lily Kuang/Project Engineer                                                         |  |  |
|                         |  |  |  |  |
|                         |  | Ricky Liu/Reviewer                                                                  |  |  |



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## 2 Evaluation Summary

| Radio Spectrum Technical Requirement |                                                                |                    |                    |        |
|--------------------------------------|----------------------------------------------------------------|--------------------|--------------------|--------|
| Item                                 | Standard                                                       | Requirement        | Method             | Result |
| RF Exposure                          | 47 CFR Part 2.1091<br>47 CFR Part 1.1310<br>47 CFR Part 1.1307 | 47 CFR Part 1.1310 | 47 CFR Part 1.1310 | PASS   |



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## 4 General Information

### 4.1 Details of E.U.T.

|                           |                                                                                                        |
|---------------------------|--------------------------------------------------------------------------------------------------------|
| Power supply:             | AC Adapter<br>Model: BLJ06L050100P-U<br>Input: AC 100-240V, 50/60Hz, 0.2A Max<br>Output: DC 5V, 1000mA |
| USB Type C cable          | AC cable:190cm unshielded                                                                              |
| Internal Source:          | More than 108MHz                                                                                       |
| <b>For Bluetooth LE</b>   |                                                                                                        |
| Frequency Range:          | 2402MHz to 2480MHz                                                                                     |
| Bluetooth Version:        | V5.0                                                                                                   |
| Modulation Type:          | GFSK                                                                                                   |
| Number of Channels:       | 40                                                                                                     |
| Data rate:                | 1Mbps, 2Mbps                                                                                           |
| Sample Type:              | Fixed device                                                                                           |
| Antenna Type:             | PIFA Antenna                                                                                           |
| Antenna Gain:             | 1.5dBi                                                                                                 |
| <b>For CatM Band</b>      |                                                                                                        |
| Operation Frequency Band: | CatM1 Band 2, 4, 12                                                                                    |
| Modulation Type:          | QPSK, 16QAM                                                                                            |
| Antenna Type:             | PIFA Antenna                                                                                           |
| Antenna Gain:             | 1.5dBi                                                                                                 |

### 4.2 Description of Support Units

The EUT has been tested as an independent unit.

### 4.3 Test Location

All tests were performed at:  
SGS-CSTC Standards Technical Services Co., Ltd., Guangzhou Branch EMC Laboratory,  
198 Kezhu Road, Sciencetech Park, Guangzhou Economic & Technology Development District,  
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#### 4.4 Test Facility

The test facility is recognized, certified, or accredited by the following organizations:

- **NVLAP (Lab Code: 200611-0)**

SGS-CSTC Standards Technical Services Co., Ltd., Guangzhou EMC Laboratory is accredited by the National Voluntary Laboratory Accreditation Program (NVLAP/NIST). NVLAP Code: 200611-0.

The report must not be used by the client to claim product certification, approval, or endorsement by NVLAP, NIST, or any agency of the Federal Government.

- **ACMA**

SGS-CSTC Standards Technical Services Co., Ltd., EMC Laboratory can also perform testing for the Australian C-Tick mark as a result of our NVLAP accreditation.

- **SGS UK(Certificate No.: 32), SGS-TUV SAARLAND and SGS-FIMKO**

Have approved SGS-CSTC Standards Technical Services Co., Ltd., EMC Laboratory as a supplier of EMC TESTING SERVICES and SAFETY TESTING SERVICES.

- **CNAS (Lab Code: L0167)**

SGS-CSTC Standards Technical Services Co., Ltd., EMC Laboratory has been assessed and in compliance with CNAS-CL01:2018 accreditation criteria for testing laboratories (identical to ISO/IEC 17025:2017 General Requirements) for the Competence of Testing Laboratories.

- **FCC Recognized 2.948 Listed Test Firm(Registration No.: 282399)**

SGS-CSTC Standards Technical Services Co., Ltd., EMC Laboratory has been registered and fully described in a report filed with the (FCC) Federal Communications Commission. The acceptance letter from the FCC is maintained in our files. Registration 282399, May 31, 2002.

- **FCC Recognized Accredited Test Firm(Registration No.: 486818)**

SGS-CSTC Standards Technical Services Co., Ltd., EMC Laboratory has been accredited and fully described in a report filed with the (FCC) Federal Communications Commission. The acceptance letter from the FCC is maintained in our files. Designation Number: CN5016, Test Firm Registration Number: 486818, Jul 13, 2017.

- **Industry Canada (Registration No.: 4620B, CAB identifier: CN0052)**

SGS-CSTC Standards Technical Services Co., Ltd., has been registered by Innovation Science and Economic Development Canada for Wireless Device Testing laboratories to test to Canadian radio equipment requirements. Registration No. 4620B, CAB identifier: CN0052.

- **VCCI (Registration No.: R-12460, C-12584, G-10449 and T-11179)**

The 10m Semi-anechoic chamber and Shielded Room of SGS-CSTC Standards Technical Services Co., Ltd. have been registered in accordance with the Regulations for Voluntary Control Measures with Registration No.: R-12460, C-12584, G-10449 and T-11179 respectively.

- **CBTL (Lab Code: TL129)**

SGS-CSTC Standards Technical Services Co., Ltd., E&E Laboratory has been assessed and fully comply with the requirements of ISO/IEC 17025:2005, the Basic Rules, IECEE 01 and Rules of procedure IECEE 02, and the relevant IECEE CB-Scheme Operational documents.



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#### 4.5 Deviation from Standards

None

#### 4.6 Abnormalities from Standard Conditions

None



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## 5 Radio Spectrum Technical Requirement

### 5.1 RF Exposure

#### 5.1.1 Requirement

In accordance with 47 CFR FCC Part 2.1091, this device has been defined as a mobile device whereby a distance of 0.2m normally can be maintained between the user and the device.

According to 47 CFR FCC Part 1310, the criteria listed in the following table shall be used to evaluate the environment impact of human exposure to radio frequency (RF) radiation as specified in Part1.1307(b).

**TABLE 1 TO §1.1310(E)(1)—LIMITS FOR MAXIMUM PERMISSIBLE EXPOSURE (MPE)**

| Frequency range (MHz)                                           | Electric field strength (V/m) | Magnetic field strength (A/m) | Power density (mW/cm <sup>2</sup> ) | Averaging time (minutes) |
|-----------------------------------------------------------------|-------------------------------|-------------------------------|-------------------------------------|--------------------------|
| <b>(i) Limits for Occupational/Controlled Exposure</b>          |                               |                               |                                     |                          |
| 3-3.0                                                           | 614                           | 1.63                          | *(100)                              | ≤6                       |
| 3.0-30                                                          | 1842/f                        | 4.89/f                        | *(900/f <sup>2</sup> )              | <6                       |
| 30-300                                                          | 61.4                          | 0.163                         | 1.0                                 | <6                       |
| 300-1,500                                                       |                               |                               | f/300                               | <6                       |
| 1,500-100,000                                                   |                               |                               | 5                                   | <6                       |
| <b>(ii) Limits for General Population/Uncontrolled Exposure</b> |                               |                               |                                     |                          |
| 0.3-1.34                                                        | 614                           | 1.63                          | *(100)                              | <30                      |
| 1.34-30                                                         | 824/f                         | 2.19/f                        | *(180/f <sup>2</sup> )              | <30                      |
| 30-300                                                          | 27.5                          | 0.073                         | 0.2                                 | <30                      |
| 300-1,500                                                       |                               |                               | f/1500                              | <30                      |
| 1,500-100,000                                                   |                               |                               | 1.0                                 | <30                      |

f = frequency in MHz. \* = Plane-wave equivalent power density



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### 5.1.2 Method

According to IEEE C95.3:2002 section 5.5.1.1, the power density  $S$  at a point on the axis at a distance  $d$  from a transmitting antenna is given by the Friis free-space transmission formula:

$$S = \frac{PG}{4\pi d^2}$$

$S$  = power density (mW/cm<sup>2</sup>)  
 $P$  = the net power delivered to the antenna (mW)  
 $G$  = gain of the antenna in linear scale  
 $d$  = distance between observation point and center of the radiator (cm)

From the maximum EUT RF output power, as well as the gain of the used antenna, according to the RF power density limit stated in above table, the minimum distance between the antenna and human body will be calculated.



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### 5.1.3 Conclusion

#### For Bluetooth LE

1. According to the the test report GZCR210802099001, the tested maximum conducted power is shown in the following table.
2. According to the declaration from the applicant, the permitted maximum antenna gain is 1.5dBi for single antenna.
3. The limit of Power Density (S)(mW/cm<sup>2</sup>) = 1mW/cm<sup>2</sup>

| Antenna | Max Antenna Gain (dBi) | Max Antenna Gain (Numeric) | Max tune-up tolerance power (dBm) | Max tune-up Tolerance power to Antenna (mW) | Power Density at R = 20 cm (mW/cm <sup>2</sup> ) | Limit (mW/cm <sup>2</sup> ) | MPE Ratios    | Result |
|---------|------------------------|----------------------------|-----------------------------------|---------------------------------------------|--------------------------------------------------|-----------------------------|---------------|--------|
| 1       | 1.5                    | 1.41                       | 9.5                               | 8.91                                        | 0.0025                                           | 1                           | <b>0.0025</b> | PASS   |

#### For CatM Band2

1. According to the the test report GZCR210802099002, the tested maximum conducted power is shown in the following table.
2. According to the declaration from the applicant, the permitted maximum antenna gain is 1.5dBi for single antenna.
3. The limit of Power Density (S)(mW/cm<sup>2</sup>) = 1mW/cm<sup>2</sup>

| Antenna | Max Antenna Gain (dBi) | Max Antenna Gain (Numeric) | Max tune-up tolerance power (dBm) | Max tune-up Tolerance power to Antenna (mW) | Power Density at R = 20 cm (mW/cm <sup>2</sup> ) | Limit (mW/cm <sup>2</sup> ) | MPE Ratios | Result |
|---------|------------------------|----------------------------|-----------------------------------|---------------------------------------------|--------------------------------------------------|-----------------------------|------------|--------|
| 2       | 1.5                    | 1.41                       | 23.0                              | 199.53                                      | 0.0561                                           | 1                           | 0.0561     | PASS   |



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**For CatM Band4**

1. According to the the test report GZCR210802099002, the tested maximum conducted power is shown in the following table.
2. According to the declaration from the applicant, the permitted maximum antenna gain is 1.5dBi for single antenna.
3. The limit of Power Density (S)(mW/cm<sup>2</sup>) = 1mW/cm<sup>2</sup>

| Antenna | Max Antenna Gain (dBi) | Max Antenna Gain (Numeric) | Max tune-up tolerance power (dBm) | Max tune-up Tolerance power to Antenna (mW) | Power Density at R = 20 cm (mW/cm <sup>2</sup> ) | Limit (mW/cm <sup>2</sup> ) | MPE Ratios    | Result |
|---------|------------------------|----------------------------|-----------------------------------|---------------------------------------------|--------------------------------------------------|-----------------------------|---------------|--------|
| 2       | 1.5                    | 1.41                       | 23.5                              | 223.87                                      | 0.0629                                           | 1                           | <b>0.0629</b> | PASS   |

**For CatM Band12**

1. According to the the test report GZCR210802099002, the tested maximum conducted power is shown in the following table.
2. According to the declaration from the applicant, the permitted maximum antenna gain is 1.5dBi for single antenna.
3. The limit of Power Density (S)(mW/cm<sup>2</sup>) = 0.4665mW/cm<sup>2</sup>

| Antenna | Max Antenna Gain (dBi) | Max Antenna Gain (Numeric) | Max tune-up tolerance power (dBm) | Max tune-up Tolerance power to Antenna (mW) | Power Density at R = 20 cm (mW/cm <sup>2</sup> ) | Limit (mW/cm <sup>2</sup> ) | MPE Ratios | Result |
|---------|------------------------|----------------------------|-----------------------------------|---------------------------------------------|--------------------------------------------------|-----------------------------|------------|--------|
| 2       | 1.5                    | 1.41                       | 23.0                              | 199.53                                      | 0.0090                                           | 0.4665                      | 0.0192     | PASS   |

The simultaneous transmission result between of Bluetooth LE and CatM:

The SAR Exclusion Threshold Level:

=CPD1 / LPD1 + CPD2 / LPD2

(CPD = Calculation power density, LPD = Limit of power density)

= (0.0025/1) +(0.0629/1) = 0.0654 < 1

Since the SAR Exclusion Threshold Level is well below the SAR low threshold level, so the EUT is considered to comply with SAR requirement without testing.



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## 5.2 EUT Constructional Details

Refer to Appendix - External and Internal photos for GZCR2108020990AT.

- End of the Report -



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