

MPE Calculation

Model Name : IHP-Watch02

Device Category : Portable device

FCC ID : 2BCF6-IHP-WATCH02

Separation distance : 3.0 mm

KDB 447498 - 4.3.1 a)
For 100 MHz to 6 GHz and test separation distances ≤ 50 mm, the 1-g and 10-g SAR test exclusion thresholds are determined by the following:
[(max. power of channel, including tune-up tolerance, mW) / (min. test separation distance, mm)] · [√f(GHz)] ≤ 3.0 for 1-g SAR, and ≤ 7.5 for 10-g extremity SAR, where
- f(GHz) is the RF channel transmit frequency in GHz
- Power and distance are rounded to the nearest mW and mm before calculation
- The result is rounded to one decimal place for comparison

Modulation	Frequency (MHz)	Min. Test separation distance	Measured Maximum Average power	Tune-up tolerance	Max. Power with tune-up tolerance		Standalone SAR Test exclusion thresholds for 100MHz to 6GHz at test separation distance ≤ 50 mm	Limit	Result
		(mm)	(dBm)	(dB)	(dBm)	(mW)			
BT LE	2402	3.00	1.44	± 0.50	1.94	1.56	0.8075	3.00	PASS
	2441		2.64		3.14	2.06	1.0732	3.00	PASS
	2480		2.31		2.81	1.91	1.0025	3.00	PASS
2.4GHz WLAN	2412	3.00	1.49	± 0.50	1.99	1.58	0.8186	3.00	PASS
	2442		0.85		1.35	1.36	0.7108	3.00	PASS
	2462		1.18		1.68	1.47	0.7701	3.00	PASS
5GHz WLAN	5745	3.00	-3.87	± 0.50	-3.37	0.46	0.3677	3.00	PASS
	5785		-4.25		-3.75	0.42	0.3381	3.00	PASS
	5825		-4.84		-4.34	0.37	0.2962	3.00	PASS
5GHz WLAN	5755	3.00	-4.54	± 0.50	-4.04	0.39	0.3154	3.00	PASS
	5795		-4.77		-4.27	0.37	0.3002	3.00	PASS

KDB 447498 - 4.3.2 b)
When an antenna qualifies for the standalone SAR test exclusion of 4.3.1 and also transmits simultaneously with other antennas, the standalone SAR value must be estimated according to the following to determine the simultaneous transmission SAR test exclusion criteria:
1) [(max. power of channel, including tune-up tolerance, mW) / (min. test separation distance, mm)]·[√f(GHz)/x] W/kg, for test separation distances ≤ 50 mm;
where x = 7.5 for 1-g SAR and x = 18.75 for 10-g SAR.

Modulation	Frequency (MHz)	Min. Test separation distance	Max. Power with tune-up tolerance		Simultaneous transmission SAR Test exclusion thresholds for 100MHz to 6GHz at test separation distance ≤ 50 mm (x=7.5)	Limit	Result
		(mm)	(dBm)	(mW)			
BT LE	2441	3.00	3.14	2.06	0.3024	0.40	PASS
2.4GHz WLAN	2462	3.00	1.99	1.58			
5GHz WLAN	5745	3.00	-3.37	0.46			