



RF EXPOSURE EVALUATION

Maximum Permissible Exposure [MPE]

Applicant Name:

Apple Inc.
One Apple Park Way
Cupertino, CA 95014
United States

Date of Testing:

6/10/2026

Test Report Issue:

8/11/2026

Test Site/Location:

Element Materials Technology, Morgan Hill, CA, USA

Test Report Serial No.:

1C2604100027-18.BCG

FCC ID:

BCG-A3579

IC:

579C-A3579

APPLICANT:

Apple Inc.

Application Type:

Certification

Model/HVIN:

A3579, A3580

EUT Type:

Watch

FCC Rule Part:

FCC Part 1 (§1.1310) and Part 2 (§2.1091)

ISED Specification:

RSS-102 Issue 6

This equipment has been shown to be capable of compliance with the applicable technical standards as indicated in the measurement report and was tested in accordance with the measurement procedures specified in FCC KDB 447498 D01 v06. Test results reported herein relate only to the item(s) tested.

I attest to the accuracy of data. All measurements reported herein were performed by me or were made under my supervision and are correct to the best of my knowledge and belief. I assume full responsibility for the completeness of these measurements and vouch for the qualifications of all persons taking them.



RJ Ortanez
Executive Vice President



FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 1 of 14

Revision Summary

Revision	Date	Comments	Revised By
-	08/06/2026	Initial Release	WKR0000005913

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 2 of 14

TABLE OF CONTENTS

1.0	RF EXPOSURE EVALUATION – MAXIMUM PERMISSIBLE EXPOSURE (MPE)	4
1.1	Introduction	4
1.2	EUT Description.....	5
1.3	MPE Requirements Overview	6
1.4	Procedure	7
1.5	Summary of Results.....	12
2.0	CONCLUSION	14

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 3 of 14

Version 1.1, 8/14/2022

1.0 RF EXPOSURE EVALUATION – MAXIMUM PERMISSIBLE EXPOSURE (MPE)

1.1 Introduction

This document is prepared to show compliance with the RF Exposure requirements as required in §1.1310 of the FCC Rules and Regulations and RSS-102 of Industry Canada.

The limit for Maximum Permissible Exposure (MPE), specified in FCC §1.1310 is listed in Table 1-1, and specified in RSS-102 is listed in Table 1-2. According to FCC §1.1310 and RSS-102: the criteria listed in the following tables shall be used to evaluate the environmental impact of human exposure to radio-frequency (RF) radiation as specified in §1.1307(b).

Frequency Range (MHz)	Electric Field Strength (V/m)	Magnetic Field Strength (A/m)	Power Density (mW/cm ²)	Average Time (minutes)
(i) Limits for Occupational / Controlled Exposure				
0.3-3.0	614	1.63	*(100)	≤6
3.0-30	1842 / f	4.89 / f	*(900 / f ²)	<6
30-300	61.4	0.163	1.0	<6
300-1,500			f / 300	<6
1500-100,000			5	<6
(ii) Limits for General Population / Uncontrolled Exposure				
0.3-1.34	614	1.63	*(100)	<30
1.34-30	824 / f	2.19 / f	*(180 / f ²)	<30
30-300	27.5	0.073	0.2	<30
300-1,500			f / 1500	<30
1500-100,000			1.0	<30

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

Table 1-1. FCC Limits for Maximum Permissible Exposure (MPE)

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 4 of 14

Frequency Range (MHz)	Electric Field Strength (V_{RMS}/m)	Magnetic Field Strength (A_{RMS}/m)	Power Density (W/m^2)	Reference Period (minutes)
(A) RF field strength and power density limits for controlled-use devices (controlled environment) (f = frequency in MHz)				
10-20	61.4	0.163	10	6
20-48	$129.8 / f^{0.25}$	$0.3444 / f^{0.25}$	$44.72 / f^{0.5}$	6
48-100	49.33	0.1309	6.455	6
100-6000	$15.60 f^{0.25}$	$0.04138 f^{0.25}$	$0.6455 f^{0.5}$	6
6000-15000	137	0.364	50	6
15000-150000	137	0.364	50	$616000 / f^{1.2}$
150000-300000	$0.354 f^{0.5}$	$9.40 \times 10^{-4} f^{0.5}$	$3.33 \times 10^{-4} f$	$616000 / f^{1.2}$
(B) RF field strength and power density limits for devices used by the general public (uncontrolled environment) (f = frequency in MHz)				
10-20	27.46	0.0728	2	6
20-48	$58.07 / f^{0.25}$	$0.1540 / f^{0.25}$	$8.944 / f^{0.5}$	6
48-300	22.06	0.05852	1.291	6
300-6000	$3.142 f^{0.3417}$	$0.008335 f^{0.3417}$	$0.02619 f^{0.6834}$	6
6000-15000	61.4	0.163	10	6
15000-150000	61.4	0.163	10	$616000 / f^{1.2}$
150000-300000	$0.158 f^{0.5}$	$4.21 \times 10^{-4} f^{0.5}$	$6.67 \times 10^{-5} f$	$616000 / f^{1.2}$

Table 1-2. ISED Limits for Maximum Permissible Exposure (MPE)

1.2 EUT Description

The Equipment Under Test (EUT) is the **Apple Watch FCC ID: BCG-A3579 and IC: 579C-A3579**. The device contains the following capabilities:

Multi-band LTE, 5G NR RedCap (FR1), 802.11b/g/n WLAN, 802.11a/n UNII, 802.15.4 ab-NB, Bluetooth (1x, EDR, HDR4, HDR8, LE1M, LE2M), NFC, UWB, 60.5GHz Transmitter, Mobile Satellite Service (MSS) technologies

EUT consists of an Apple Watch handheld device containing a 60.5GHz unlicensed/license-exempt data communications transmitter module. A proprietary Wireless Serial Dock with a corresponding 60.5GHz module is needed to activate transmission on the Apple Watch. A magnetic alignment fixture locks the Apple Watch in place on top of the Wireless Serial Dock, thus allowing communication between the Dock and Apple Watch. The Wireless Serial Dock is powered by a USB-C port.

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 5 of 14

1.3 MPE Requirements Overview

Three different categories of transmitters are defined by the FCC KDB 447498 D01 v06. These categories are fixed installation, mobile, and portable and are defined as follows:

- **Fixed Installations:** fixed location means that the device, including its antenna, is physically secured at a permanent location and is not able to be easily moved to another location. Additionally, distance to humans from the antenna is maintained to at least 2 meters.
- **Mobile Devices:** a mobile device is defined as a transmitting device designed to be used in other than fixed locations and to be generally used in such a way that a separation distance of at least 20 centimeters is normally maintained between the transmitter's radiating structures and the body of the user or nearby persons. Transmitters designed to be used by consumers or workers that can be easily re-located, such as a wireless modem operating in a laptop computer, are considered mobile devices if they meet the 20 centimeter separation requirement. The FCC rules for evaluating mobile devices for RF compliance are found in 47 CFR §2.1091.
- **Portable Devices:** a portable device is defined as a transmitting device designed to be used so that the radiating structure(s) of the device is/are within 20 centimeters of the body of the user. Portable device requirements are found in Section 2.1093 of the FCC's Rules (47 CFR§2.1093).

The FCC also categorizes the use of the device as based upon the user's awareness and ability to exercise control over his or her exposure. The two categories defined are Occupational/ Controlled Exposure and General Population/Uncontrolled Exposure. These two categories are defined as follows:

- **Occupational/Controlled Exposure:** In general, occupational/controlled exposure limits are applicable to situations in which persons are exposed as a consequence of their employment, who have been made fully aware of the potential for exposure and can exercise control over their exposure. This exposure category is also applicable when the exposure is of a transient nature due to incidental passage through a location where the exposure levels may be higher than the general population/uncontrolled limits, but the exposed person is fully aware of the potential for exposure and can exercise control over his or her exposure by leaving the area or by some other appropriate means. Awareness of the potential for RF exposure in a workplace or similar environment can be provided through specific training as part of a RF safety program. If appropriate, warning signs and labels can also be used to establish such awareness by providing prominent information on the risk of potential exposure and instructions on methods to minimize such exposure risks.
- **General Population/Uncontrolled Exposure:** The general population / uncontrolled exposure limits are applicable to situations in which the general public may be exposed or in which persons who are exposed as a consequence of their employment may not be made fully aware of the potential for exposure or cannot exercise control over their exposure. Members of the general public would come under this category when exposure is not employment-related; for example, in the case of a wireless transmitter that exposes persons in its vicinity. Warning labels placed on low-power consumer devices such as cellular telephones are not considered sufficient to allow the device to be considered under the occupational/controlled category, and the general population/uncontrolled exposure limits apply to these devices.

The **Apple Watch FCC ID: BCG-A3579 and IC: 579C-A3579** is evaluated to the General Population/Uncontrolled Exposure requirements.

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 6 of 14

1.4 Procedure

The procedure used to determine the RF power density was based upon a calculation for determining compliance with the MPE requirements.

The power generated by the 60.5GHz transmitter used in this product was initially calculated using radiated measurement techniques as outlined in the RF Part 15.255 report (1C2604100027-17.BCG). Through use of the Friis transmission formula and knowledge of the maximum antenna gain to be used, the power density level is calculated at a distance of 20cm.

All different frequencies per technology have been investigated and only the worst power density ratios have been reported.

Friis Transmission Formula

Friis transmission formula: $P_d = (P_{out} * G) / (4\pi r^2)$

Where,

P_d = Power Density (mW/cm²)

π = 3.1416

P_{out} = output power to antenna (mW)

r = distance between observation point and center of the radiator (cm)

G = gain of antenna in linear scale

Calculated MPE

The power density limit for General Population/Uncontrolled Exposure at each frequency is determined based on the information in Table 1-1.

	FCC		ISED	
Frequency	2422	MHz	2422	MHz
Limit	1.000	mW/cm ²	5.381	W/m ²
Limit Distance (cm), R =	20.00	cm	0.20	m
Power (dBm), P =	17.49	dBm	17.49	dBm
Power (mW), P =	56.105	mW	0.056	W
Tx Ant Gain (dBi), G =	-0.7	dBi	-0.7	dBi
Power Density (S) at 20cm =	0.00950	mW/cm ²	0.09500	W/m ²
Minimum Distance =	1.94937	cm	0.02657	m

Table 1-3. Calculated MPE for WLAN

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 7 of 14

	FCC		ISED	
Frequency	2480	MHz	2480	MHz
Limit	1.000	mW/cm ²	5.469	W/m ²
Limit Distance (cm), R =	20.00	cm	0.20	m
Power (dBm), P =	16.47	dBm	16.47	dBm
Power (mW), P =	44.361	mW	0.044	W
Tx Ant Gain (dBi), G =	-0.7	dBi	-0.7	dBi
Power Density (S) at 20cm =	0.00751	mW/cm ²	0.07512	W/m ²
Minimum Distance =	1.73338	cm	0.02344	m

Table 1-4. Calculated MPE for Bluetooth

	FCC		ISED	
Frequency	2404	MHz	2404	MHz
Limit	1.000	mW/cm ²	5.354	W/m ²
Limit Distance (cm), R =	20.00	cm	0.20	m
Power (dBm), P =	14.16	dBm	14.16	dBm
Power (mW), P =	26.062	mW	0.026	W
Tx Ant Gain (dBi), G =	-0.7	dBi	-0.7	dBi
Power Density (S) at 20cm =	0.00441	mW/cm ²	0.04413	W/m ²
Minimum Distance =	1.32860	cm	0.01816	m

Table 1-5. Calculated MPE for Bluetooth HDR

	FCC		ISED	
Frequency	2404	MHz	2404	MHz
Limit	1.000	mW/cm ²	5.354	W/m ²
Limit Distance (cm), R =	20.00	cm	0.20	m
Power (dBm), P =	16.54	dBm	16.54	dBm
Power (mW), P =	45.082	mW	0.045	W
Tx Ant Gain (dBi), G =	-0.7	dBi	-0.7	dBi
Power Density (S) at 20cm =	0.00763	mW/cm ²	0.07634	W/m ²
Minimum Distance =	1.74741	cm	0.02388	m

Table 1-6. Calculated MPE for Bluetooth LE

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 8 of 14

	FCC		ISED	
Frequency	5720	MHz	5720	MHz
Limit	1.000	mW/cm ²	9.681	W/m ²
Limit Distance (cm), R =	20.00	cm	0.20	m
Power (dBm), P =	16.90	dBm	16.90	dBm
Power (mW), P =	48.978	mW	0.049	W
Tx Ant Gain (dBi), G =	-6.7	dBi	-6.7	dBi
Power Density (S) at 20cm =	0.00208	mW/cm ²	0.02083	W/m ²
Minimum Distance =	0.91284	cm	0.00928	m

Table 1-7. Calculated MPE for UNII

	FCC		ISED	
Frequency	5786.25	MHz	5786.25	MHz
Limit	1.000	mW/cm ²	9.758	W/m ²
Limit Distance (cm), R =	20.00	cm	0.20	m
Power (dBm), P =	15.98	dBm	15.98	dBm
Power (mW), P =	39.628	mW	0.040	W
Tx Ant Gain (dBi), G =	-7.9	dBi	-7.9	dBi
Power Density (S) at 20cm =	0.00128	mW/cm ²	0.01279	W/m ²
Minimum Distance =	0.71515	cm	0.00724	m

Table 1-8. Calculated MPE for 802.15.4 ab-NB

	FCC		ISED	
Frequency	6500.0	MHz	6500.0	MHz
Limit	1.000	mW/cm ²	10.000	W/m ²
Limit Distance (cm), R =	20.00	cm	0.20	m
Power (dBm EIRP), P =	-6.20	dBm	-6.20	dBm
Power (mW EIRP), P =	0.240	mW	0.00024	W
Power Density (S) at 20cm =	0.00005	mW/cm ²	0.00048	W/m ²
Minimum Distance =	0.13816	cm	0.00138	m

Table 1-9. Calculated MPE for UWB

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 9 of 14

	FCC		ISED	
Frequency	60500.0	MHz	60500.0	MHz
Limit	1.000	mW/cm ²	10.000	W/m ²
Limit Distance (cm), R =	20.00	cm	0.20	m
Power (dBm), P =	-5.18	dBm	-5.18	dBm
Power (mW), P =	0.303	mW	0.00030	W
Tx Ant Gain (dBi), G =	4.0	dBi	4.0	dBi
Power Density (S) at 20cm =	0.00015	mW/cm ²	0.00152	W/m ²
Minimum Distance =	0.24626	cm	0.00246	m

Table 1-10. Calculated MPE for 60.5GHz

	FCC		ISED	
Frequency	829.0	MHz	829.0	MHz
Limit	0.553	mW/cm ²	2.586	W/m ²
Limit Distance (cm), R =	20.00	cm	0.20	m
Power (dBm), P =	25.70	dBm	25.70	dBm
Power (mW), P =	371.535	mW	0.372	W
Tx Ant Gain (dBi), G =	-24.5	dBi	-24.5	dBi
Power Density (S) at 20cm =	0.00026	mW/cm ²	0.00262	W/m ²
Minimum Distance =	0.43568	cm	0.00637	m

Table 1-11. Calculated MPE for FR1 Low Band – n5

	FCC		ISED	
Frequency	1618.4	MHz	1618.4	MHz
Limit	1.000	mW/cm ²	4.085	W/m ²
Limit Distance (cm), R =	20.000	cm	0.200	m
Power (dBm), P =	25.96	dBm	25.96	dBm
Power (mW), P =	394.457	mW	0.394	W
Tx Ant Gain (dBi), G =	-10.70	dBi	-10.70	dBi
Power Density (S) at 20cm =	0.00668	mW/cm ²	0.06679	W/m ²
Minimum Distance =	1.63454	cm	0.02557	m

Table 1-12. Calculated MPE for MSS Mid Band – L Band

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 10 of 14

	FCC		ISED	
Frequency	2593.0	MHz	2593.0	MHz
Limit	1.000	mW/cm ²	5.638	W/m ²
Limit Distance (cm), R =	20.00	cm	0.20	m
Power (dBm), P =	25.20	dBm	25.20	dBm
Power (mW), P =	331.131	mW	0.331	W
Tx Ant Gain (dBi), G =	-2.00	dBi	-2.00	dBi
Power Density (S) at 20cm =	0.04157	mW/cm ²	0.41565	W/m ²
Minimum Distance =	4.07751	cm	0.05430	m

Table 1-13. Calculated MPE for FR1 High Band – n41

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 11 of 14

1.5 Summary of Results

	Power Density (mW/cm ²)	Limit (mW/cm ²)	Percent MPE Used (%)
Transmitter #1 WLAN	0.00950	1.00000	0.95001
Transmitter #2 Bluetooth	0.00751	1.00000	0.75115
Transmitter #3 Bluetooth HDR	0.00441	1.00000	0.44130
Transmitter #4 Bluetooth LE	0.00763	1.00000	0.76336
Transmitter #5 UNII	0.00208	1.00000	0.20832
Transmitter #6 802.15.4 ab-NB	0.00128	1.00000	0.12786
Transmitter #7 UWB	0.00005	1.00000	0.00477
Transmitter #8 60.5GHz	0.00015	1.00000	0.01516
Transmitter #9 FR1 - Low Band	0.00026	0.55267	0.04745
Transmitter #10 MSS Mid L-Band	0.00668	1.00000	0.66793
Transmitter #11 FR1 - High Band	0.04157	1.00000	4.15651
Total			8.13383

Table 1-14. FCC Cumulative Results for Multiple Transmitters

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 12 of 14

	Power Density (W/m ²)	Limit (W/m ²)	Percent MPE Used (%)
Transmitter #1 WLAN	0.09500	5.38121	1.76542
Transmitter #2 Bluetooth	0.07512	5.46895	1.37349
Transmitter #3 Bluetooth HDR	0.04413	5.35385	0.82426
Transmitter #4 Bluetooth LE	0.07634	5.35385	1.42581
Transmitter #5 UNII	0.02083	9.68144	0.21517
Transmitter #6 802.15.4 ab-NB	0.01279	9.75793	0.13103
Transmitter #7 UWB	0.00048	10.00000	0.00477
Transmitter #8 60.5GHz	0.00152	10.00000	0.01516
Transmitter #9 FR1 - Low Band	0.00262	2.58628	0.10140
Transmitter #10 MSS Mid L-Band	0.06679	4.08536	1.63493
Transmitter #11 FR1 - High Band	0.41565	5.63804	7.37227
Total			14.86372

Table 1-15. ISED Cumulative Results for Multiple Transmitters

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 13 of 14

2.0 CONCLUSION

The device's 60.5GHz transmitter meets the mobile RF exposure limit at a 20cm separation distance as specified in §2.1091 of the FCC Rules and Regulations and Health Canada Safety Code 6. An appropriate RF exposure compliance statement will be placed in the user's manual.

FCC ID: BCG-A3579 IC: 579C-A3579	MEASUREMENT REPORT (CERTIFICATION)	Test Dates: 6/10/2026	EUT Type: Watch	Approved by: Technical Manager
Test Report S/N: 1C2604100027-18.BCG	 This report is Blockchain Verified. To verify the report authenticity, please visit https://www.blockchain-verified.com or by clicking on the Blockchain logo.			Page 14 of 14