

SAR Compliance Test Report

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Tested devices	Firstbeat Bodyguard 3		
Related reports:	-		
Testing has been carried out in accordance with:	47CFR §2.1093 Radiofrequency Radiation Exposure Evaluation: Portable Devices FCC published RF exposure KDB procedures RSS-102 Radio Frequency (RF) Exposure Compliance of Radiocommunication Apparatus (All Frequency Bands)		
Documentation:	The test report must always be reproduced in full; reproduction of an excerpt only is subject to written approval of the testing laboratory		
Test Results:	The DUT complies with the requirements in respect of all parameters subject to the test. The test results relate only to devices specified in this document		

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1. SUMMARY OF SAR TEST REPORT

1.1 Test Details

Device under Test (DUT):

Product:	Firstbeat Bodyguard 3
Manufacturer:	Firstbeat Technologies Oy
Model:	Bodyguard 3
Hardware Version:	0201
FCC ID:	REVFBG30
IC ID:	10896A-FBG30
Document ID:	FCC SAR test report_Firstbeat_ID3757_14012019
Notes:	This report replaces FCC SAR test report_Firstbeat_ID3757_28112019

1.2 Evaluation Results

The device conforms to the requirements of the standards when the maximum output power is less than or equal to the Test Exclusion Threshold /Exemption Limit.

Regulator	System	Equipment Class	Test Exclusion Threshold/ Exemption Limit [mW]	Maximum Output Power [mW]	Result
FCC	BLE	DTS	10	2.74	PASS
ISED	BLE	NA	4	2.74	PASS

2. DESCRIPTION OF THE DEVICE UNDER TEST (DUT)

The DUT is ECG and 3D movement recording device. The device is attached directly to the skin.

Exposure Environment	General population, uncontrolled
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2.1 Supported Frequency Bands and Operational Modes

Bands	Modes of Operation	Transmitter Frequency Range (GHz)
2.4	Bluetooth low energy	2.402- 2.480

2.2 Test Exclusions

FCC SAR test exclusion thresholds in 447498D01 are shown in a table below.

Appendix A

SAR Test Exclusion Thresholds for 100 MHz – 6 GHz and ≤ 50 mm

Approximate SAR Test Exclusion Power Thresholds at Selected Frequencies and Test Separation Distances are illustrated in the following Table. The equation and threshold in 4.3.1 must be applied to determine SAR test exclusion.

MHz	5	10	15	20	25	mm
150	39	77	116	155	194	SAR Test Exclusion Threshold (mW)
300	27	55	82	110	137	
450	22	45	67	89	112	
835	16	33	49	66	82	
900	16	32	47	63	79	
1500	12	24	37	49	61	
1900	11	22	33	44	54	
2450	10	19	29	38	48	
3600	8	16	24	32	40	
5200	7	13	20	26	33	
5400	6	13	19	26	32	
5800	6	12	19	25	31	

ISED Test exclusion based on RSS-102 are shown in a table below.

Table 1: SAR evaluation – Exemption limits for routine evaluation based on frequency and separation distance^{4,5}

Frequency (MHz)	Exemption Limits (mW)				
	At separation distance of ≤ 5 mm	At separation distance of 10 mm	At separation distance of 15 mm	At separation distance of 20 mm	At separation distance of 25 mm
≤ 300	71 mW	101 mW	132 mW	162 mW	193 mW
450	52 mW	70 mW	88 mW	106 mW	123 mW
835	17 mW	30 mW	42 mW	55 mW	67 mW
1900	7 mW	10 mW	18 mW	34 mW	60 mW
2450	4 mW	7 mW	15 mW	30 mW	52 mW
3500	2 mW	6 mW	16 mW	32 mW	55 mW
5800	1 mW	6 mW	15 mW	27 mW	41 mW

3. OUTPUT POWER

3.1 Maximum Output Power

Transmission mode	Output power [dBm]	Output power [mW]
BLE	4.37	2.74

4. RESULTS

4.1 FCC results

According Appendix A in 447498D01 the SAR test exclusion power threshold for 2450MHz is 10mW at <5mm separation distance.

The maximum output power of the DUT is 2.74mW thus it is below the test exclusion threshold.

4.2 ISED results

According Table 1 in RSS-102, the SAR test exclusion power threshold f at 2450MHz is 4mW at <5mm separation distance.

The maximum output power of the DUT is 2.74mW thus it is below the test exclusion threshold.