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SAR EVALUATION REPORT

Applicant Name:
Apple, Inc.
One Apple Park Way
Cupertino, CA 95014 USA

Date of Testing:
06/06/2022
Test Site/Location:
Element, Morgan Hill, CA, USA
Document Serial No.:
1C2205090030-06.BCG

FCC ID: BCG-A2722

APPLICANT: APPLE, INC.

DUT Type: Watch
Application Type: Certification
FCC Rule Part(s): CFR §2.1093
Model: A2722

Equipment Class	Band & Mode	Tx Frequency	SAR	
			1g Head (W/kg)	10g Extremity (W/kg)
DTS	2.4 GHz WLAN	2412 - 2472 MHz	0.30	< 0.1
DSS/DTS	Bluetooth	2402 - 2480 MHz	0.19	< 0.1

This watch has been shown to be capable of compliance for localized specific absorption rate (SAR) for uncontrolled environment/general population exposure limits specified in ANSI/IEEE C95.1-1992 and has been tested in accordance with the measurement procedures specified in Section 1.8 of this report; for North American frequency bands only.

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. Test results reported herein relate only to the item(s) tested.

RJ Ortanez
Executive Vice President



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1 DEVICE UNDER TEST

1.1 Device Overview

Band & Mode	Operating Modes	Tx Frequency
2.4 GHz WLAN	Data	2412 - 2472 MHz
Bluetooth	Data	2402 - 2480 MHz
NFC	Data	13.56 MHz

This device does not support network-based voice services. Head SAR was evaluated to address VoIP operations per FCC KDB Publications 447498 D010v06.

1.2 Power Reduction for SAR

There is no power reduction used for any band/mode implemented in this device for SAR purposes.

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1.3 Nominal and Maximum Output Power Specifications

This device operates using the following maximum and nominal output power specifications. SAR values were scaled to the maximum allowed power to determine compliance per KDB Publication 447498 D01v06.

1.3.1 Maximum Output Power – WiFi Mode

Mode/ Band		Channel	IEEE 802.11b (2.4 GHz)		IEEE 802.11g (2.4 GHz)		IEEE 802.11n (2.4 GHz)	
			Maximum	Nominal	Maximum	Nominal	Maximum	Nominal
Modulated Average - Single Tx Chain (dBm)	20 MHz Bandwidth	1	20.00	19.00	17.00	16.00	17.00	16.00
		2	20.00	19.00	18.50	17.50	18.50	17.50
		3	20.00	19.00	19.00	18.00	19.00	18.00
		4	20.00	19.00	19.00	18.00	19.00	18.00
		5	20.00	19.00	19.00	18.00	19.00	18.00
		6	20.00	19.00	19.00	18.00	19.00	18.00
		7	20.00	19.00	19.00	18.00	19.00	18.00
		8	20.00	19.00	19.00	18.00	19.00	18.00
		9	20.00	19.00	19.00	18.00	19.00	18.00
		10	20.00	19.00	19.00	18.00	19.00	18.00
		11	20.00	19.00	16.50	15.50	16.50	15.50
		12	20.00	19.00	14.50	13.50	14.50	13.50
		13	18.00	17.00	6.50	5.50	6.50	5.50

1.3.2 Maximum Output Power – Bluetooth Mode

Mode / Band		Modulated Average - Single Tx Chain (dBm)
Bluetooth BDR/LE	Maximum	19.00
	Nominal	18.00
Bluetooth EDR	Maximum	14.50
	Nominal	13.50
Bluetooth HDR	Maximum	14.50
	Nominal	13.50

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1.4 DUT Antenna Locations

A diagram showing the location of the device antennas can be found in Appendix E.

1.5 Near Field Communications (NFC) Antenna

This DUT has NFC operations. The NFC antenna is integrated into the device for this model. Therefore, all SAR tests were performed with the device which already incorporates the NFC antenna. A diagram showing the location of the NFC antenna can be found in Appendix E.

1.6 Simultaneous Transmission Capabilities

This device does not support any simultaneous transmission scenarios.

1.7 Miscellaneous SAR Test Considerations

(A) WIFI/BT

This device supports channel 1-13 for 2.4 GHz WLAN. However, because channel 12/13 targets are not higher than that of channels 1-11, channels 1, 6, and 11 were considered for SAR testing per KDB 248227 D01v02r02.

1.8 Guidance Applied

- FCC KDB Publication 248227 D01v02r02 (SAR Considerations for 802.11 Devices)
- FCC KDB Publication 447498 D01v06 (General SAR Guidance, Wrist-worn Device Guidance)
- FCC KDB Publication 865664 D01v01r04, D02v01r02 (SAR Measurements up to 6 GHz)
- IEEE 1528-2013

1.9 Device Serial Numbers

Several samples with identical hardware were used to support SAR testing. The manufacturer has confirmed that the device(s) tested have the same physical, mechanical and thermal characteristics and are within operational tolerances expected for production units. The serial numbers used for each test are indicated alongside the results in Section 9.

1.10 Device Housing Types and Wrist Band Types

Only one housing type, aluminum, is available for this model. The device can also be used with different wristband accessories. The non-metallic wrist accessory, sport band, was evaluated for all exposure conditions. The available metallic wrist accessories, metal links band and metal loop band, were additionally evaluated.

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2 INTRODUCTION

The FCC and Innovation, Science, and Economic Development Canada have adopted the guidelines for evaluating the environmental effects of radio frequency (RF) radiation in ET Docket 93-62 on Aug. 6, 1996 and Health Canada Safety Code 6 to protect the public and workers from the potential hazards of RF emissions due to FCC-regulated portable devices. [1]

The safety limits used for the environmental evaluation measurements are based on the criteria published by the American National Standards Institute (ANSI) for localized specific absorption rate (SAR) in IEEE/ANSI C95.1-1992 Standard for Safety Levels with Respect to Human Exposure to Radio Frequency Electromagnetic Fields, 3 kHz to 300 GHz [3] and Health Canada RF Exposure Guidelines Safety Code 6 [22]. The measurement procedure described in IEEE/ANSI C95.3-2002 Recommended Practice for the Measurement of Potentially Hazardous Electromagnetic Fields - RF and Microwave [4] is used for guidance in measuring the Specific Absorption Rate (SAR) due to the RF radiation exposure from the Equipment Under Test (EUT). These criteria for SAR evaluation are similar to those recommended by the International Committee for Non-Ionizing Radiation Protection (ICNIRP) in Biological Effects and Exposure Criteria for Radiofrequency Electromagnetic Fields,” Report No. Vol 74. SAR is a measure of the rate of energy absorption due to exposure to an RF transmitting source. SAR values have been related to threshold levels for potential biological hazards.

2.1 SAR Definition

Specific Absorption Rate is defined as the time derivative (rate) of the incremental energy (dU) absorbed by (dissipated in) an incremental mass (dm) contained in a volume element (dV) of a given density (ρ). It is also defined as the rate of RF energy absorption per unit mass at a point in an absorbing body (see Equation 2-1).

Equation 2-1
SAR Mathematical Equation

$$SAR = \frac{d}{dt} \left(\frac{dU}{dm} \right) = \frac{d}{dt} \left(\frac{dU}{\rho dv} \right)$$

SAR is expressed in units of Watts per Kilogram (W/kg).

$$SAR = \frac{\sigma \cdot E^2}{\rho}$$

where:

- σ = conductivity of the tissue-simulating material (S/m)
- ρ = mass density of the tissue-simulating material (kg/m³)
- E = Total RMS electric field strength (V/m)

NOTE: The primary factors that control rate of energy absorption were found to be the wavelength of the incident field in relation to the dimensions and geometry of the irradiated organism, the orientation of the organism in relation to the polarity of field vectors, the presence of reflecting surfaces, and whether conductive contact is made by the organism with a ground plane.[6]

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3 DOSIMETRIC ASSESSMENT

3.1 Measurement Procedure

The evaluation was performed using the following procedure compliant to FCC KDB Publication 865664 D01v01r04 and:

1. The SAR distribution at the exposed side of the head or body was measured at a distance no greater than 5.0 mm from the inner surface of the shell. The area covered the entire dimension of the device-head and body interface and the horizontal grid resolution was determined per FCC KDB Publication 865664 D01v01r04 (See Table 3-1).
2. The point SAR measurement was taken at the maximum SAR region determined from Step 1 to enable the monitoring of SAR fluctuations/drifts during the 1g/10g cube evaluation. SAR at this fixed point was measured and used as a reference value.
3. Based on the area scan data, the peak of the region with maximum SAR was determined by spline interpolation. Around this point, a volume was assessed according to the measurement resolution and volume size requirements of FCC KDB Publication 865664 D01v01r04 (See Table 3-1). On the basis of this data set, the spatial peak SAR value was evaluated with the following procedure (see references or the DASY manual online for more details):
 - a. SAR values at the inner surface of the phantom are extrapolated from the measured values along the line away from the surface with spacing no greater than that in Table 3-1. The extrapolation was based on a least-squares algorithm. A polynomial of the fourth order was calculated through the points in the z-axis (normal to the phantom shell).
 - b. After the maximum interpolated values were calculated between the points in the cube, the SAR was averaged over the spatial volume (1g or 10g) using a 3D-Spline interpolation algorithm. The 3D-spline is composed of three one-dimensional splines with the “Not a knot” condition (in x, y, and z directions). The volume was then integrated with the trapezoidal algorithm. One thousand points (10 x 10 x 10) were obtained through interpolation, in order to calculate the averaged SAR.
 - c. All neighboring volumes were evaluated until no neighboring volume with a higher average value was found.
4. The SAR reference value, at the same location as step 2, was re-measured after the zoom scan was complete to calculate the SAR drift. If the drift deviated by more than 5%, the SAR test and drift measurements were repeated.

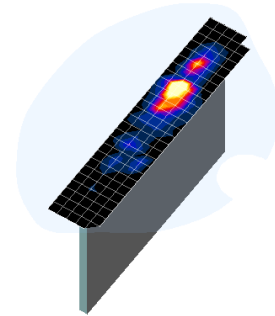


Figure 3-1
Sample SAR Area
Scan

Table 3-1
Area and Zoom Scan Resolutions per FCC KDB Publication 865664 D01v01r04*

Frequency	Maximum Area Scan Resolution (mm) ($\Delta x_{\text{area}}, \Delta y_{\text{area}}$)	Maximum Zoom Scan Resolution (mm) ($\Delta x_{\text{zoom}}, \Delta y_{\text{zoom}}$)	Maximum Zoom Scan Spatial Resolution (mm)			Minimum Zoom Scan Volume (mm) (x,y,z)
			Uniform Grid	Graded Grid		
				$\Delta z_{\text{zoom}}(n)$	$\Delta z_{\text{zoom}}(1)^*$	
≤2 GHz	≤15	≤8	≤5	≤4	$\leq 1.5^* \Delta z_{\text{zoom}}(n-1)$	≥30
2-3 GHz	≤12	≤5	≤5	≤4	$\leq 1.5^* \Delta z_{\text{zoom}}(n-1)$	≥30
3-4 GHz	≤12	≤5	≤4	≤3	$\leq 1.5^* \Delta z_{\text{zoom}}(n-1)$	≥28
4-5 GHz	≤10	≤4	≤3	≤2.5	$\leq 1.5^* \Delta z_{\text{zoom}}(n-1)$	≥25
5-6 GHz	≤10	≤4	≤2	≤2	$\leq 1.5^* \Delta z_{\text{zoom}}(n-1)$	≥22

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4 TEST CONFIGURATION POSITIONS

4.1 Device Holder

The device holder is made out of low-loss POM material having the following dielectric parameters: relative permittivity $\epsilon = 3$ and loss tangent $\delta = 0.02$. Additionally, a manufacturer provided low-loss foam was used to position the device for head SAR evaluations.

4.2 Positioning for Head

Devices that are designed to be worn on the wrist may operate in speaker mode for voice communication, with the device worn on the wrist and positioned next to the mouth. When next-to-mouth SAR evaluation is required, the device is positioned at 10 mm from a flat phantom filled with head tissue-equivalent medium. The device is evaluated with wrist bands strapped together to represent normal use conditions.

4.3 Extremity Exposure Configurations

Devices that are designed or intended for use on extremities or mainly operated in extremity only exposure conditions; i.e., hands, wrists, feet and ankles, may require extremity SAR evaluation. When the device also operates in close proximity to the user's body, SAR compliance for the body is also required. When extremity SAR evaluation is required, the device is evaluated with the back of the device touching the flat phantom, which is filled with head tissue-equivalent medium. The device was evaluated with Sport wristband unstrapped and touching the phantom. For Metal Loop and Metal Links wristbands, the device was evaluated with wristbands strapped and the distance between wristbands and the phantom was minimized to represent the spacing created by actual use conditions.

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5 RF EXPOSURE LIMITS

5.1 Uncontrolled Environment

UNCONTROLLED ENVIRONMENTS are defined as locations where there is the exposure of individuals who have no knowledge or control of their 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.

5.2 Controlled Environment

CONTROLLED ENVIRONMENTS are defined as locations where there is exposure that may be incurred by persons who are aware of the potential for exposure, (i.e. as a result of employment or occupation). 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.

Table 5-1
SAR Human Exposure Specified in ANSI/IEEE C95.1-1992 and Health Canada Safety Code 6

HUMAN EXPOSURE LIMITS		
	UNCONTROLLED ENVIRONMENT <i>General Population</i> (W/kg) or (mW/g)	CONTROLLED ENVIRONMENT <i>Occupational</i> (W/kg) or (mW/g)
Peak Spatial Average SAR Head	1.6	8.0
Whole Body SAR	0.08	0.4
Peak Spatial Average SAR Hands, Feet, Ankle, Wrists, etc.	4.0	20

1. The Spatial Peak value of the SAR averaged over any 1 gram of tissue (defined as a tissue volume in the shape of a cube) and over the appropriate averaging time.
2. The Spatial Average value of the SAR averaged over the whole body.
3. The Spatial Peak value of the SAR averaged over any 10 grams of tissue (defined as a tissue volume in the shape of a cube) and over the appropriate averaging time.

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6 FCC MEASUREMENT PROCEDURES

6.1 Measured and Reported SAR

Per FCC KDB Publication 447498 D01v06, when SAR is not measured at the maximum power level allowed for production units, the results must be scaled to the maximum tune-up tolerance limit according to the power applied to the individual channels tested to determine compliance. For simultaneous transmission, the measured aggregate SAR must be scaled according to the sum of the differences between the maximum tune-up tolerance and actual power used to test each transmitter. When SAR is measured at or scaled to the maximum tune-up tolerance limit, the results are referred to as *reported* SAR. The highest *reported* SAR results are identified on the grant of equipment authorization according to procedures in KDB 690783 D01v01r03.

6.2 SAR Testing with 802.11 Transmitters

The normal network operating configurations of 802.11 transmitters are not suitable for SAR measurements. Unpredictable fluctuations in network traffic and antenna diversity conditions can introduce undesirable variations in SAR results. The SAR for these devices should be measured using chipset based test mode software to ensure the results are consistent and reliable. See KDB Publication 248227 D01v02r02 for more details.

6.2.1 General Device Setup

Chipset based test mode software is hardware dependent and generally varies among manufacturers. The device operating parameters established in test mode for SAR measurements must be identical to those programmed in production units, including output power levels, amplifier gain settings and other RF performance tuning parameters.

A periodic duty factor is required for current generation SAR systems to measure SAR. When 802.11 frame gaps are accounted for in the transmission, a maximum transmission duty factor of 92 - 96% is typically achievable in most test mode configurations. A minimum transmission duty factor of 85% is required to avoid certain hardware and device implementation issues related to wide range SAR scaling. The reported SAR is scaled to 100% transmission duty factor to determine compliance at the maximum tune-up tolerance limit.

6.2.2 2.4 GHz SAR Test Requirements

SAR is measured for 2.4 GHz 802.11b DSSS using either the fixed test position or, when applicable, the initial test position procedure. SAR test reduction is determined according to the following:

- 1) When the reported SAR of the highest measured maximum output power channel for the exposure configuration is ≤ 0.8 W/kg, no further SAR testing is required for 802.11b DSSS in that exposure configuration.
- 2) When the reported SAR is > 0.8 W/kg, SAR is required for that position using the next highest measured output power channel. When any reported SAR is > 1.2 W/kg, SAR is required for the third channel; i.e., all channels require testing.

2.4 GHz 802.11 g/n OFDM are additionally evaluated for SAR if the highest reported SAR for 802.11b, adjusted by the ratio of the OFDM to DSSS specified maximum output power, is > 1.2 W/kg. When SAR is required for OFDM modes in 2.4 GHz band, the Initial Test Configuration Procedures should be followed. When 10g SAR measurement is considered, a factor of 2.5 is applied to the thresholds above.

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6.2.3 OFDM Transmission Mode and SAR Test Channel Selection

When the same maximum output power was specified for multiple OFDM transmission mode configurations in a frequency band or aggregated band, SAR is measured using the configuration with the largest channel bandwidth, lowest order modulation and lowest data rate. When the maximum output power of a channel is the same for equivalent OFDM configurations; for example, 802.11a, and 802.11n or 802.11g and 802.11n with the same channel bandwidth, modulation and data rate etc., the lower order 802.11 mode i.e., 802.11a, then 802.11n or 802.11g then 802.11n, is used for SAR measurement. When the maximum output power are the same for multiple test channels, either according to the default or additional power measurement requirements, SAR is measured using the channel closest to the middle of the frequency band or aggregated band. When there are multiple channels with the same maximum output power, SAR is measured using the higher number channel.

6.2.4 Initial Test Configuration Procedure

For OFDM, an initial test configuration is determined for each frequency band and aggregated band, according to the transmission mode with the highest maximum output power specified for SAR measurements. When the same maximum output power is specified for multiple OFDM transmission mode configurations in a frequency band or aggregated band, SAR is measured using the configuration(s) with the largest channel bandwidth, lowest order modulation, lowest data rate and lowest order IEEE 802.11 mode. The channel of the transmission mode with the highest average RF output conducted power will be the initial test configuration.

When the reported SAR is ≤ 0.8 W/kg, no additional measurements on other test channels are required. Otherwise, SAR is evaluated using the subsequent highest average RF output channel until the reported SAR result is ≤ 1.2 W/kg or all channels are measured. When there are multiple untested channels having the same subsequent highest average RF output power, the channel with higher frequency from the lowest 802.11 mode is considered for SAR measurements (See Section 6.4.3). When 10g SAR measurement is considered, a factor of 2.5 is applied to the thresholds above.

6.2.5 Subsequent Test Configuration Procedures

For OFDM configurations in each frequency band and aggregated band, SAR is evaluated for initial test configuration using the fixed test position or the initial test position procedure. When the highest reported SAR (for the initial test configuration), adjusted by the ratio of the specified maximum output power of the subsequent test configuration to initial test configuration, is ≤ 1.2 W/kg, no additional SAR tests for the subsequent test configurations are required. When 10g SAR measurement is considered, a factor of 2.5 is applied to the thresholds above.

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7 RF CONDUCTED POWERS

7.1 WLAN Conducted Powers

Table 7-1
2.4 GHz WLAN Maximum Average RF Power

2.4GHz Conducted Power [dBm]				
Freq [MHz]	Channel	IEEE Transmission Mode		
		802.11b	802.11g	802.11n
		Average	Average	Average
2412	1	18.19	16.00	15.93
2417	2		17.70	17.55
2437	6	18.05	17.86	17.91
2457	10		17.87	17.95
2462	11	18.10	15.71	15.45

Justification for test configurations for WLAN per KDB Publication 248227 D01v02r02:

- Power measurements were performed for the transmission mode configuration with the highest maximum output power specified for production units.
- For transmission modes with the same maximum output power specification, powers were measured for the largest channel bandwidth, lowest order modulation and lowest data rate.
- For transmission modes with identical maximum specified output power, channel bandwidth, modulation and data rates, power measurements were required for all identical configurations.
- For each transmission mode configuration, powers were measured for the highest and lowest channels; and at the mid-band channel(s) when there were at least 3 channels supported. For configurations with multiple mid-band channels, due to an even number of channels, both channels were measured.

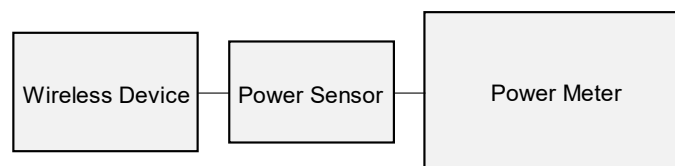


Figure 7-1
Power Measurement Setup

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7.2 Bluetooth Conducted Powers

Table 7-2
Bluetooth Average RF Power

Frequency [MHz]	Modulation	Data Rate [Mbps]	Channel No.	Avg Conducted Power	
				[dBm]	[mW]
2402	GFSK	1.0	0	17.42	55.208
2441	GFSK	1.0	39	17.59	57.412
2480	GFSK	1.0	78	17.21	52.602

Note 1: Bluetooth was evaluated with a test mode with 100% transmission duty factor.

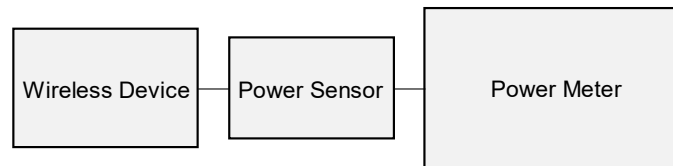


Figure 7-2
Power Measurement Setup

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8 SYSTEM VERIFICATION

8.1 Tissue Verification

Table 8-1
Measured Head Tissue Properties

Calibrated for Tests Performed on:	Tissue Type	Tissue Temp During Calibration (°C)	Measured Frequency (MHz)	Measured Conductivity, σ (S/m)	Measured Dielectric Constant, ϵ	TARGET Conductivity, σ (S/m)	TARGET Dielectric Constant, ϵ	% dev σ	% dev ϵ
06/06/2022	2450 Head	21.4	2300	1.676	40.745	1.670	39.500	0.36%	3.15%
			2310	1.684	40.735	1.679	39.480	0.30%	3.18%
			2320	1.691	40.725	1.687	39.460	0.24%	3.21%
			2400	1.751	40.621	1.756	39.289	-0.28%	3.39%
			2450	1.789	40.549	1.800	39.200	-0.61%	3.44%
			2480	1.810	40.491	1.833	39.162	-1.25%	3.39%
			2500	1.828	40.473	1.855	39.136	-1.46%	3.42%
			2510	1.837	40.466	1.866	39.123	-1.55%	3.43%
			2535	1.857	40.444	1.893	39.092	-1.90%	3.46%
			2550	1.868	40.422	1.909	39.073	-2.15%	3.45%
			2560	1.875	40.406	1.920	39.060	-2.34%	3.45%
			2600	1.911	40.330	1.964	39.009	-2.70%	3.39%
			2650	1.953	40.256	2.018	38.945	-3.22%	3.37%
			2680	1.977	40.184	2.051	38.907	-3.61%	3.28%
			2700	1.995	40.137	2.073	38.882	-3.76%	3.23%

The above measured tissue parameters were used in the DASY software. The DASY software was used to perform interpolation to determine the dielectric parameters at the SAR test device frequencies (per KDB Publication 865664 D01v01r04). The tissue parameters listed in the SAR test plots may slightly differ from the table above due to significant digit rounding in the software.

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8.2 Test System Verification

Prior to SAR assessment, the system is verified to $\pm 10\%$ of the SAR measurement on the reference dipole at the time of calibration by the calibration facility. Full system validation status and result summary can be found in Appendix D.

Table 8-2
System Verification Results – 1g

System Verification TARGET & MEASURED												
SAR System #	Tissue Frequency (MHz)	Tissue Type	Date	Amb. Temp (°C)	Liquid Temp (°C)	Input Power (W)	Source SN	Probe SN	Measured SAR _{1g} (W/kg)	1 W Target SAR _{1g} (W/kg)	1 W Normalized SAR _{1g} (W/kg)	Deviation _{1g} (%)
AM4	2450	HEAD	06/06/2022	21.5	21.1	0.100	921	3837	5.090	54.200	50.900	-6.09%

Table 8-3
System Verification Results – 10g

System Verification TARGET & MEASURED												
SAR System #	Tissue Frequency (MHz)	Tissue Type	Date	Amb. Temp (°C)	Liquid Temp (°C)	Input Power (W)	Source SN	Probe SN	Measured SAR _{10g} (W/kg)	1 W Target SAR _{10g} (W/kg)	1 W Normalized SAR _{10g} (W/kg)	Deviation _{10g} (%)
AM4	2450	HEAD	06/06/2022	21.5	21.1	0.100	921	3837	2.390	25.500	23.900	-6.27%

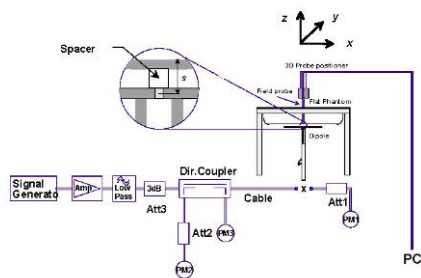


Figure 8-1
System Verification Setup Diagram



Figure 8-2
System Verification Setup Photo

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9 SAR DATA SUMMARY

9.1 Standalone Head SAR Data

Table 9-1
2.4 GHz WLAN Head SAR

MEASUREMENT RESULTS																			
FREQUENCY		Mode	Service	Bandwidth [MHz]	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Side	Spacing	Housing Type	Wristband Type	Device Serial Number	Data Rate (Mbps)	Duty Cycle (%)	SAR (1g)	Scaling Factor (Power)	Scaling Factor (Duty Cycle)	Reported SAR (1g)	Plot #
MHz	Ch.														(W/kg)			(W/kg)	
2412	1	802.11b	DSSS	22	20.00	18.19	-0.12	front	10 mm	Aluminum	Sport	CPW976DKLW	1	99.7	0.198	1.517	1.003	0.301	A1
2412	1	802.11b	DSSS	22	20.00	18.19	0.02	front	10 mm	Aluminum	Metal Links	CPW976DKLW	1	99.7	0.131	1.517	1.003	0.199	
2412	1	802.11b	DSSS	22	20.00	18.19	0.18	front	10 mm	Aluminum	Metal Loop	CPW976DKLW	1	99.7	0.160	1.517	1.003	0.243	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population								Head 1.6 W/kg (mW/g) averaged over 1 gram											

Table 9-2
Bluetooth Head SAR

MEASUREMENT RESULTS																		
FREQUENCY		Mode	Service	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Side	Spacing	Housing Type	Wristband Type	Device Serial Number	Data Rate (Mbps)	Duty Cycle (%)	SAR (1g)	Scaling Factor (Cond Power)	Scaling Factor (Duty Cycle)	Reported SAR (1g)	Plot #
MHz	Ch.													(W/kg)			(W/kg)	
2441.00	39	Bluetooth	FHSS	19.00	17.59	-0.01	front	10 mm	Aluminum	Sport	CPW976DKLW	1	100	0.137	1.384	1.000	0.190	A2
2441.00	39	Bluetooth	FHSS	19.00	17.59	0.07	front	10 mm	Aluminum	Metal Links	CPW976DKLW	1	100	0.103	1.384	1.000	0.143	
2441.00	39	Bluetooth	FHSS	19.00	17.59	0.18	front	10 mm	Aluminum	Metal Loop	CPW976DKLW	1	100	0.124	1.384	1.000	0.172	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population							Head 1.6 W/kg (mW/g) averaged over 1 gram											

9.2 Standalone Extremity SAR Data

Table 9-3
2.4 GHz WLAN Extremity SAR

MEASUREMENT RESULTS																			
FREQUENCY		Mode	Service	Bandwidth [MHz]	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Spacing	Housing Type	Wristband Type	Device Serial Number	Data Rate (Mbps)	Side	Duty Cycle (%)	SAR (10g)	Scaling Factor (Power)	Scaling Factor (Duty Cycle)	Reported SAR (10g)	Plot #
MHz	Ch.														(W/kg)			(W/kg)	
2412	1	802.11b	DSSS	22	20.0	18.19	-0.04	0 mm	Aluminum	Sport	CPW976DKLW	1	back	99.7	0.027	1.517	1.003	0.041	
2412	1	802.11b	DSSS	22	20.0	18.19	-0.03	0 mm	Aluminum	Metal Links	CPW976DKLW	1	back	99.7	0.036	1.517	1.003	0.055	A3
2412	1	802.11b	DSSS	22	20.0	18.19	-0.03	0 mm	Aluminum	Metal Loop	CPW976DKLW	1	back	99.7	0.032	1.517	1.003	0.049	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT									Extremity										
Spatial Peak									4.0 W/kg (mW/g)										
Uncontrolled Exposure/General Population									averaged over 10 grams										

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Table 9-4
Bluetooth Extremity SAR

MEASUREMENT RESULTS																		
FREQUENCY		Mode	Service	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Spacing	Housing Type	Wristband Type	Device Serial Number	Data Rate (Mbps)	Side	Duty Cycle (%)	SAR (10g)	Scaling Factor (Cond Power)	Scaling Factor (Duty Cycle)	Reported SAR (10g)	Plot #
MHz	Ch.													(W/kg)			(W/kg)	
2441	39	Bluetooth	FHSS	19.0	17.59	-0.06	0 mm	Aluminum	Sport	CPW976DKLW	1	back	100	0.027	1.384	1.000	0.037	A4
2441	39	Bluetooth	FHSS	19.0	17.59	-0.18	0 mm	Aluminum	Metal Links	CPW976DKLW	1	back	100	0.025	1.384	1.000	0.035	
2441	39	Bluetooth	FHSS	19.0	17.59	0.16	0 mm	Aluminum	Metal Loop	CPW976DKLW	1	back	100	0.018	1.384	1.000	0.025	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population							Extremity 4.0 W/kg (mW/g) averaged over 10 grams											

9.3 SAR Test Notes

General Notes:

1. The test data reported are the worst-case SAR values according to test procedures specified in FCC KDB Publication 447498 D01v06.
2. Batteries are fully charged at the beginning of the SAR measurements.
3. Liquid tissue depth was at least 15.0 cm for all frequencies.
4. The manufacturer has confirmed that the device(s) tested have the same physical, mechanical and thermal characteristics and are within operational tolerances expected for production units.
5. SAR results were scaled to the maximum allowed power to demonstrate compliance per FCC KDB Publication 447498 D01v06.
6. Per FCC KDB Publication 865664 D01v01r04, variability SAR tests were not required since measured SAR results for all frequency bands were less than 0.8 W/kg and 2.0 W/kg for 10g SAR.
7. This device has only one housing type: Aluminum. The non-metallic wrist accessory, sport band, was evaluated for all exposure conditions. The available metallic wrist accessories, metal links band and metal loop band, were additionally evaluated.
8. This device is a portable wrist-worn device and does not support any other use conditions. Therefore, the procedures in FCC KDB Publication 447498 D01v06 Section 6.2 have been applied for extremity and next to mouth (head) conditions.
9. Unless otherwise noted, when 10g SAR measurement is considered, a factor of 2.5 is applied to the thresholds below.

WLAN Notes:

1. Justification for test configurations for WLAN per KDB Publication 248227 D01v02r02 for 2.4 GHz WIFI single transmission chain operations, the highest measured maximum output power channel for DSSS was selected for SAR measurement. SAR for OFDM modes (2.4 GHz 802.11g/n) was not required due to the maximum allowed powers and the highest reported DSSS SAR. See Section 6.2.2 for more information.
2. When the maximum reported 1g averaged SAR is ≤ 0.8 W/kg, SAR testing on additional channels was not required. Otherwise, SAR for the next highest output power channel was required until the reported SAR result was ≤ 1.20 W/kg for 1g evaluations or all test channels were measured. When 10g SAR measurement is considered, a factor of 2.5 is applied to the thresholds above.
3. The device was configured to transmit continuously at the required data rate, channel bandwidth and signal modulation, using the highest transmission duty factor supported by the test mode tools. The reported SAR was scaled to the 100% transmission duty factor to determine compliance.

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Bluetooth Notes

1. To determine compliance, Bluetooth SAR was measured with the maximum power condition. Bluetooth was evaluated with a test mode with 100% transmission duty factor.

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10 SAR MEASUREMENT VARIABILITY

10.1 Measurement Variability

Per FCC KDB Publication 865664 D01v01, SAR measurement variability was not assessed for each frequency band since all measured SAR values are < 0.8 W/kg for 1g SAR and < 2.0 W/kg for 10g SAR.

10.2 Measurement Uncertainty

The measured SAR was < 1.5 W/kg for 1g and < 3.75 W/kg for 10g for all frequency bands. Therefore, per KDB Publication 865664 D01v01r04, the extended measurement uncertainty analysis was not required.

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11 EQUIPMENT LIST

Manufacturer	Model	Description	Cal Date	Cal Interval	Cal Due	Serial Number
Agilent	E5515C	Wireless Communications Test Set	5/4/2021	Biennial	5/4/2023	GB41450275
Agilent	N5182A	MXG Vector Signal Generator	1/12/2022	Annual	1/12/2023	MY47420837
Agilent	E4440A	PSA Series Spectrum Analyzer	3/22/2022	Annual	3/22/2023	MY46186272
Amplifier Research	15S1G6	Amplifier	CBT	N/A	CBT	343972
Anritsu	MA24106A	USB Power Sensor	9/21/2021	Annual	9/21/2022	2018527
Anritsu	MA24106A	USB Power Sensor	9/21/2021	Annual	9/21/2022	1827527
Anritsu	MA2411B	Pulse Power Sensor	3/28/2022	Annual	3/28/2023	1339007
Anritsu	ML2495A	Power Meter	3/17/2022	Annual	3/17/2023	941001
Control Company	4353	Long Stem Thermometer	10/28/2020	Biennial	10/28/2022	200670633
Control Company	4040	Therm./Clock/Humidity Monitor	1/21/2022	Biennial	1/21/2023	160574418
HEWLETT PACKARD	8753E	Network Analyzer	12/30/2021	Annual	12/30/2022	US38161081
Huber + Suhner	74Z-0-0-21	Torque Wrench	4/6/2022	Biennial	4/6/2024	83881
Insize	1108-150	Digital Caliper	4/5/2022	Biennial	4/5/2024	409193536
Keysight Technologies	E4438C	VECTOR SIGNAL GENERATOR	10/15/2021	Annual	10/15/2022	MY45092078
MCL	BW-N10W5+	10dB Attenuator	CBT	N/A	CBT	1611
MCL	BW-N3W5+	3dB Attenuator	CBT	N/A	CBT	1812
MCL	BW-N6W5+	6dB Attenuator	CBT	N/A	CBT	1311
Mini-Circuits	NLP-2950+	Low Pass Filter	CBT	N/A	CBT	N/A
Mini-Circuits	ZHDC-16-63-S+	50-6000MHz Bidirectional Coupler	CBT	N/A	CBT	N/A
Rohde & Schwarz	SMB100A03	Signal Generator	10/11/2021	Annual	10/11/2022	182899
SPEAG	MAIA	Modulation and Audio Interference Analyzer	CBT	N/A	CBT	1243
SPEAG	D2450V2	2450 MHz SAR Dipole	11/9/2021	Annual	11/9/2022	921
SPEAG	DAKS-3.5	Portable Dielectric Assessment Kit	10/7/2021	Annual	10/7/2022	1045
SPEAG	DAE4	Dasy Data Acquisition Electronics	1/13/2022	Annual	1/13/2023	793
SPEAG	EX3DV4	SAR Probe	1/19/2022	Annual	1/19/2023	3837

Note: CBT (Calibrated Before Testing). Prior to testing, the measurement paths containing a cable, amplifier, attenuator, coupler or filter were connected to a calibrated source (i.e. a signal generator) to determine the losses of the measurement path. The power meter offset was then adjusted to compensate for the measurement system losses. This level offset is stored within the power meter before measurements are made. This calibration verification procedure applies to the system verification and output power measurements. The calibrated reading is then taken directly from the power meter after compensation of the losses for all final power measurements. Each equipment item was used solely within its respective calibration period.

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12 MEASUREMENT UNCERTAINTIES

a	b	c	d	e= f(d,k)	f	g	h = c x f/e	i = c x g/e	k
Uncertainty Component	IEEE 1528 Sec.	Tol. (± %)	Prob. Dist.	Div.	c _i 1gm	c _i 10 gms	1gm u _i (± %)	10gms u _i (± %)	v _i
Measurement System									
Probe Calibration	E2.1	7	N	1	1	1	7.0	7.0	∞
Axial Isotropy	E2.2	0.25	N	1	0.7	0.7	0.2	0.2	∞
Hemishperical Isotropy	E2.2	1.3	N	1	0.7	0.7	0.9	0.9	∞
Boundary Effect	E2.3	2	R	1.732	1	1	1.2	1.2	∞
Linearity	E2.4	0.3	N	1	1	1	0.3	0.3	∞
System Detection Limits	E2.4	0.25	R	1.732	1	1	0.1	0.1	∞
Modulation Response	E2.5	4.8	R	1.732	1	1	2.8	2.8	∞
Readout Electronics	E2.6	0.3	N	1	1	1	0.3	0.3	∞
Response Time	E2.7	0.8	R	1.732	1	1	0.5	0.5	∞
Integration Time	E2.8	2.6	R	1.732	1	1	1.5	1.5	∞
RF Ambient Conditions - Noise	E6.1	3	R	1.732	1	1	1.7	1.7	∞
RF Ambient Conditions - Reflections	E6.1	3	R	1.732	1	1	1.7	1.7	∞
Probe Positioner Mechanical Tolerance	E6.2	0.8	R	1.732	1	1	0.5	0.5	∞
Probe Positioning w/ respect to Phantom	E6.3	6.7	R	1.732	1	1	3.9	3.9	∞
Extrapolation, Interpolation & Integration algorithms for Max. SAR Evaluation	E5	4	R	1.732	1	1	2.3	2.3	∞
Test Sample Related									
Test Sample Positioning	E4.2	3.12	N	1	1	1	3.1	3.1	35
Device Holder Uncertainty	E4.1	1.67	N	1	1	1	1.7	1.7	5
Output Power Variation - SAR drift measurement	E2.9	5	R	1.732	1	1	2.9	2.9	∞
SAR Scaling	E6.5	0	R	1.732	1	1	0.0	0.0	∞
Phantom & Tissue Parameters									
Phantom Uncertainty (Shape & Thickness tolerances)	E3.1	7.6	R	1.73	1.0	1.0	4.4	4.4	∞
Liquid Conductivity - measurement uncertainty	E3.3	4.3	N	1	0.78	0.71	3.3	3.0	76
Liquid Permittivity - measurement uncertainty	E3.3	4.2	N	1	0.23	0.26	1.0	1.1	75
Liquid Conductivity - Temperature Uncertainty	E3.4	3.4	R	1.732	0.78	0.71	1.5	1.4	∞
Liquid Permittivity - Temperature Uncertainty	E3.4	0.6	R	1.732	0.23	0.26	0.1	0.1	∞
Liquid Conductivity - deviation from target values	E3.2	5.0	R	1.73	0.64	0.43	1.8	1.2	∞
Liquid Permittivity - deviation from target values	E3.2	5.0	R	1.73	0.60	0.49	1.7	1.4	∞
Combined Standard Uncertainty (k=1)				RSS			12.2	12.0	191
Expanded Uncertainty (95% CONFIDENCE LEVEL)				k=2			24.4	24.0	

The above measurement uncertainties are according to IEEE Std. 1528-2013

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13 CONCLUSION

13.1 Measurement Conclusion

The SAR evaluation indicates that the EUT complies with the RF radiation exposure limits of the FCC and Innovation, Science, and Economic Development Canada, with respect to all parameters subject to this test. These measurements were taken to simulate the RF effects of RF exposure under worst-case conditions. Precise laboratory measures were taken to assure repeatability of the tests. The results and statements relate only to the item(s) tested.

Please note that the absorption and distribution of electromagnetic energy in the body are very complex phenomena that depend on the mass, shape, and size of the body, the orientation of the body with respect to the field vectors, and the electrical properties of both the body and the environment. Other variables that may play a substantial role in possible biological effects are those that characterize the environment (e.g. ambient temperature, air velocity, relative humidity, and body insulation) and those that characterize the individual (e.g. age, gender, activity level, debilitation, or disease). Because various factors may interact with one another to vary the specific biological outcome of an exposure to electromagnetic fields, any protection guide should consider maximal amplification of biological effects as a result of field-body interactions, environmental conditions, and physiological variables. [3]

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