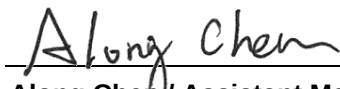


FCC RF Exposure Report

FCC ID : IPH-B3697
Equipment : Watch and activity monitor
Model No. : AB3697
Brand Name : GARMIN
Applicant : Garmin International, Inc.
Address : 1200 E. 151st Street Olathe, KS 66062 United States
Standard : 47 CFR FCC Part 2.1093
Received Date : May 28, 2019
Tested Date : Jul. 22 ~ Jul. 24, 2019

We, International Certification Corp., would like to declare that the tested sample has been evaluated and in compliance with the requirement of the above standards. The test results contained in this report refer exclusively to the product. It may be duplicated completely for legal use with the approval of the applicant. It shall not be reproduced except in full without the written approval of our laboratory.

Reviewed by:



Along Chen / Assistant Manager

Approved by:



Gary Chang / Manager



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Release Record

Report No.	Version	Description	Issued Date
FA952804	Rev. 01	Initial issue	Aug. 05, 2019

1 EXPOSURE EVALUATION OF PORTABLE DEVICES

Human exposure to RF emissions from portable devices (47 CFR §2.1093), as defined by the FCC, must be evaluated with respect to the FCC-adopted limits for SAR. Evaluation of mobile devices, as defined by the FCC, may also be performed with respect to SAR limits, but in such cases it is usually simpler and more cost-effective to evaluate compliance with respect to field strength or power density limits. For certain devices that are designed to be used in both mobile and portable configurations similar to those described in 47 CFR §2.1091(d)(4), such as certain desktop phones and wireless modem modules, compliance for mobile configurations is also satisfied when the same device is evaluated for SAR compliance in portable configurations.

1.1 SAR TEST EXCLUSION THRESHOLD FOR 100MHz to 6GHz and $\leq 50\text{mm}$

Frequency (MHz)	5	10	15	20	25	Separation distance (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	

The 1-g and 10-g SAR test exclusion thresholds for 100 MHz to 6 GHz at test separation distances ≤ 50 mm are determined by

$$[(\text{max. power of channel, including tune-up tolerance, mW})/(\text{min. test separation distance, mm})] \cdot [\sqrt{f(\text{GHz})}] \leq 3.0 \text{ for 1-g SAR and } \leq 7.5 \text{ for 10-g extremity SAR, where}$$

- $f(\text{GHz})$ 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

The test exclusions are applicable only when the minimum test separation distance is ≤ 50 mm and for transmission frequencies between 100 MHz and 6 GHz. When the minimum test separation distance is < 5 mm, a distance of 5 mm is applied to determine SAR test exclusion.

1.2 DEVIATION FROM TEST STANDARD AND MEASUREMENT PROCEDURE

None

1.3 MEASUREMENT UNCERTAINTY

ISO/IEC 17025 requires that an estimate of the measurement uncertainties associated with the emissions test results be included in the report. The measurement uncertainties given below are based on a 95% confidence level (based on a coverage factor (k=2))

Parameters	Uncertainty
Conducted power	±0.808 dB

Declaration of Conformity:
The test results with all measurement uncertainty excluded are presented in accordance with the regulation limits or requirements declared by manufacturers.
Comments and Explanations:
The declared of product specification for EUT presented in the report are provided by the manufacturer, and the manufacturer takes all the responsibilities for the accuracy of product specification.

1.4 EVALUATION RESULTS

Maximum Conducted Output Power Result					
Condition		RF Output Power (dBm)			
Modulation Mode	Freq. (MHz)	Average Power (dBm)	Rated Power (dBm)	Rated Power (mW)	Antenna Gain (dBi)
LE-1Mbps	2402	-2.66	-2.5	0.56	-4.07
LE-1Mbps	2440	-2.56	-2.5	0.56	-4.07
LE-1Mbps	2480	-2.49	-2	0.63	-4.07

$[(\text{max. power of channel, including tune-up tolerance, mW})/(\text{min. test separation distance, mm})] * [\sqrt{f}(\text{GHz})]$
 $= 0.63 / 5 * \sqrt{2.48} = 0.198 < 3.0$

SAR Test Exclusion Thresholds is < 10mW and 3.0 for separation distance 5mm. Therefore, SAR test is not required.

2 Test laboratory information

Established in 2012, ICC provides foremost EMC & RF Testing and advisory consultation services by our skilled engineers and technicians. Our services employ a wide variety of advanced edge test equipment and one of the widest certification extents in the business.

International Certification Corp (EMC and Wireless Communication Laboratory), it is our definitive objective is to institute long term, trust-based associations with our clients. The expectation we set up with our clients is based on outstanding service, practical expertise and devotion to a certified value structure. Our passion is to grant our clients with best EMC / RF services by oriented knowledgeable and accommodating staff.

Our Test sites are located at Linkou District and Kwei Shan District. Location map can be found on our website <http://www.icertifi.com.tw>.

Linkou

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Kwei Shan

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No. 3-1, Lane 6, Wen San 3rd St.,
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St., Kwei Shan District, Tao Yuan
City 333, Taiwan, R.O.C.

If you have any suggestion, please feel free to contact us as below information.

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==END==