According to 447498　D01 General RF Exposure Guidance v05

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:

[(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

$eirp = pt \times gt = (EXd)^2/30$

where:

 pt = transmitter output power in watts,

 gt = numeric gain of the transmitting antenna (unitless),

E = electric field strength in V/m,　---　$10^{((dBuV/m)/20)}/10^6$

d = measurement distance in meters (m)　---3m

So $pt = (EXd)^2/30 \times gt$

For BT mode

Field strength = 91.66dBuV/m @3m

Ant gain =-0.68dBi, so Ant numeric gain=0.86

So $pt=\{ [10^{(91.66/20)}/10^6 \times 3]^2/30x0.86\}x1000$ mW =0.514mW

So (0.514mW /5mm)x √2.480 = 0.162<3

For BLE mode

Field strength = 92.17dBuV/m @3m

Ant gain =-0.68dBi, so Ant numeric gain=0.86

So $pt=\{ [10^{(92.17/20)}/10^6 \times 3]^2/30x0.86\}x1000$ mW =0.578mW

So (0.578mW /5mm)x √2.440 = 0.181<3

Then SAR evaluation is not required