

RF Exposure Evaluation Report

Report Reference No......: **MTWG22030120-H**

FCC ID.....: **2A5Z2-SLFTRD18**

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Representative Laboratory Name ..: **Shenzhen Most Technology Service Co., Ltd.**

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Applicant's name.....: **Ningbo Healthmate Health Technology CO., LTD**

Address: Dalu Industry Zone, Xidian Town, Ninghai County, Ningbo, 315613 Zhejiang, China

Test specification/ Standard: **47 CFR Part 1.1307**

47 CFR Part 1.1310

KDB447498D01 General RF Exposure Guidance v06

TRF Originator.....: Shenzhen Most Technology Service Co., Ltd.

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Test item description: Treadmill

Trade Mark: N/A

Manufacturer: **NINGBO HEALTHMATE SCIENCE AND TECHNOLOGY DEVELOPMENT CO., LTD**

Model/Type reference.....: SLFTRD18

Listed Models: HURTRD18, SLFTRD20, SLFTRD213, SLFTRD25, SLFTRD26BT, SLFTRD30, SLFTRD35, SLFTRD45, SLFTRD80, SLFTRD418, HSM-T07D, HSM-MT05A7

Modulation Type: GFSK, π/4DQPSK, 8DPSK

Operation Frequency.....: From 2402MHz to 2480MHz

Hardware Version.....: HY-40R204PC

Software Version: /

Rating: AC 110V-120V, 50/60Hz, 500W

Result.....: **PASS**

TEST REPORT

Equipment under Test : Treadmill

Model /Type : SLFTRD18

Listed Models : HURTRD18, SLFTRD20, SLFTRD213, SLFTRD25, SLFTRD26BT, SLFTRD30, SLFTRD35, SLFTRD45, SLFTRD80, SLFTRD418, HSM-T07D, HSM-MT05A7

Remark : Only with different model names.

Applicant : **Ningbo Healthmate Health Technology CO., LTD**

Address : Dalu Industry Zone, Xidian Town, Ninghai County, Ningbo, 315613 Zhejiang, China

Manufacturer : **NINGBO HEALTHMATE SCIENCE AND TECHNOLOGY DEVELOPMENT CO., LTD**

Address : Dalu Industry zone, Xidian Town, Ninghai County, Ningbo, 315613 Zhejiang, China

Test Result:	PASS
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The test report merely corresponds to the test sample.

It is not permitted to copy extracts of these test result without the written permission of the test laboratory.

1. Revision History

Revision	Issue Date	Revisions	Revised By
00	2022-03-22	Initial Issue	Alisa Luo

2. SAR Evaluation

2.1 RF Exposure Compliance Requirement

2.1.1 Standard Requirement

According to KDB447498D01 General RF Exposure Guidance v06

4.3.1. Standalone SAR test exclusion considerations

Unless specifically required by the published RF exposure KDB procedures, standalone 1-g head or body and 10-g extremity SAR evaluation for general population exposure conditions, by measurement or numerical simulation, is not required when the corresponding SAR Exclusion Threshold condition, listed below, is satisfied.

2.1.2 Limits

According to FCC Part1.1310: The criteria listed in the following table shall be used to evaluate the environment impact of human exposure to radio frequency (RF) radiation as specified in part1.1307(b)

TABLE 1—LIMITS FOR MAXIMUM PERMISSIBLE EXPOSURE (MPE)

Frequency range (MHz)	Electric field strength (V/m)	Magnetic field strength (A/m)	Power density (mW/cm ²)	Averaging time (minutes)
(A) Limits for Occupational/Controlled Exposures				
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
300–1500	f/300	6
1500–100,000	5	6
(B) 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
300–1500	f/1500	30
1500–100,000	1.0	30

F= Frequency in MHz

Friis Formula

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

P_d = power density in mW/cm²

P_{out} = output power to antenna in mW

G = gain of antenna in linear scale

$\pi = 3.1416$

R = distance between observation point and center of the radiator in cm

P_d is the limit of MPE, 1 mW/cm². If we know the maximum gain of the antenna and the total power input to the antenna, through the calculation, we will know the distance r where the MPE limit is reached.

2.1.3 EUT RF Exposure

Antenna Gain: -2.1dBi

Antenna Gain: The maximum Gain measured in fully anechoic chamber is 2.4 in linear scale. Output Power Into Antenna & RF Exposure Evaluation Distance:

EDR

GFSK			
Test channel	Peak Output Power (dBm)	Tune up tolerance (dBm)	Maximum tune-up Power
			(dBm)
Lowest(2402 MHz)	-1.22	-1.22±1	-0.22
Middle(2441MHz)	-1.39	-1.39±1	-0.39
Highest(2480MHz)	-1.69	-1.69±1	-0.69

π/4DQPSK

Test channel	Peak Output Power (dBm)	Tune up tolerance (dBm)	Maximum tune-up Power
			(dBm)
Lowest(2402 MHz)	0.64	0.64±1	1.64
Middle(2441MHz)	0.54	0.54±1	1.54
Highest(2480MHz)	0.26	0.26±1	1.26

8DPSK

Test channel	Peak Output Power (dBm)	Tune up tolerance (dBm)	Maximum tune-up Power
			(dBm)
Lowest(2402 MHz)	0.90	0.90±1	1.90
Middle(2441MHz)	0.81	0.81±1	1.81
Highest(2480MHz)	0.53	0.53±1	1.53

EDR

Worst case: 8DPSK

Channel	Maximum Peak Conducted Output Power (dBm)	Maximum Peak Conducted Output Power (MW)	Antenna Gain (dBi)	Power Density at R = 20 cm (mW/cm ²)	Limit	Result
Highest(2402 MHz)	1.9	1.55	-2.1	0.0002	1.0	Pass

Note: 1) Refer to report **MTWG22020120-R1** for EUT test Max Conducted average Output Power value.

Note: 2) $P_d = (P_{out} \cdot G) / (4 \cdot \pi \cdot R^2) = (1.55 \cdot 0.62) / (4 \cdot 3.1416 \cdot 20^2) = 0.0002$

.....**THE END OF REPORT**.....