

Test report No:
NIE: 78472RAN.005

Assessment report

RF EXPOSURE REPORT ACCORDING TO FCC 47 CFR Part 2.1093 FCC 47 CFR Part 1.1307

(*) Identification of item under evaluation	Wellness ring
(*) Trademark	OURA
(*) Model and /or type reference	OA11
(*) Other identification of the product	FCC ID : 2AD7V-OURA2401 IC ID : 20635-OURA2401 HW version : 01 SW Version : 0.5.5
(*) Features	Bluetooth LE
(*) Manufacturer	Oura Health Oy Elektroniikkatie 10, 90590 Oulu, Finland
Test method requested, standard	FCC 47 CFR Part 2.1093. Radiofrequency radiation exposure evaluation: portable devices. FCC 47 CFR Part 1.1307: Actions that may have a significant environmental effect, for which Environmental Assessments (EAs) must be prepared.
Summary	IN COMPLIANCE
Approved by (name / position & signature)	Miguel Lacave Antennas Lab Manager
Date of issue	2024-05-16
Report template No	FAN24_02 (* "Data provided by the client")

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Data provided by the client

The following data has been provided by the client:

1. Information relating to the description of the sample ("Identification of the item under evaluation", "Trademark", "Model and/or type reference", "General description of the device", "Other identification of the product").
2. Maximum antenna gain and use distance information.
3. The device under evaluation consists of a Wellness ring. OURA is a revolutionary wellness ring and app, designed to help user gets more restful sleep and performs better. It enables user to learn how the lifestyle choices affect user's sleep, and how the quality of the sleep affects user's ability to perform. The OURA ring can automatically tell when user is sleeping. When user goes to sleep, the OURA ring analyzes the quality of the rest and recovery by measuring the heart rate (optically), respiration rate, body temperature, and movement. While user is awake, it monitors the duration and intensity of the activities, and the time user spends sitting. The OURA app integrates and visualizes this data to identify patterns between the sleep quality and daily activities. By understanding how well user slept and recharged, it can determine the readiness to perform and help user adjust the intensity and duration of the day's activities. It can also uncover actionable insights for changes to the daily activities that can help user sleep better.

DEKRA Testing and Certification S.A.U. declines any responsibility with respect to the information provided by the client and that may affect the validity of results.

Identification of the client

Oura Health Oy
Elektroniikkatie 10, 90590 Oulu, Finland

Document history

Report number	Date	Description
78472RAN.005	2024-05-16	First release

Appendix A: FCC RF Exposure assessment result

General description of the device under evaluation

Table 1 shows information used for the RF Evaluation, considering the following declared specifications for the device:

Description and technologies: the device under evaluation consists of a Wellness ring. OURA is a revolutionary wellness ring and app, designed to help user gets more restful sleep and performs better. It enables user to learn how the lifestyle choices affect user’s sleep, and how the quality of the sleep affects user’s ability to perform. The OURA ring can automatically tell when user is sleeping. When user goes to sleep, the OURA ring analyzes the quality of the rest and recovery by measuring the heart rate (optically), respiration rate, body temperature, and movement. While user is awake, it monitors the duration and intensity of the activities, and the time user spends sitting. The OURA app integrates and visualizes this data to identify patterns between the sleep quality and daily activities. By understanding how well user slept and recharged, it can determine the readiness to perform and help user adjust the intensity and duration of the day’s activities. It can also uncover actionable insights for changes to the daily activities that can help user sleep better. With the following features: Sleep Analysis, Activity Monitoring, Readiness Score, Bluetooth LE. For RF Exposure evaluation, only transmission technology: Bluetooth LE is considered.

Evaluation Distance: according to the manufacturer, during its normal use, the separation distance between the radiating structures of the device and nearby users will be greater than 0 cm. In order to perform the assessment a conservative evaluation distance of 5mm has been used.

Maximum output power:

Values corresponding to conducted output power have been measured and stated into DEKRA Testing and Certification, S.A.U. test report num. 78472RRF.003.

Antennas: the device supports one antenna for the Bluetooth LE transmitting technology:

- “1M00FXD” antenna for Bluetooth transmissions.

Maximum peak antenna gain values have been declared by the device manufacturer (maximum peak gain stated in OTA_test_report_ID6561b_OA11_Size_10_FS_07052024)

The following table shows the information provided above:

Technology / Mode	Operating Band	Frequency under evaluation (MHz)	Maximum Conducted Output Power (dBm)	1M00FXD Antenna peak gain (dBi)	Maximum E.R.P. (dBm)	Maximum E.R.P. (mW)	Maximum E.I.R.P. (dBm)	Maximum E.I.R.P. (mW)
Bluetooth LE 1Mb	2.4 GHz	2400 - 2483.5	0.46	-9.60	-11.29	0.07	-9.14	0.12
Bluetooth LE 2Mb	2.4 GHz	2400 - 2483.5	0.58	-9.60	-11.17	0.08	-9.02	0.13

Table 1: Equipment specifications

Evaluation Results

Determination of Exemption according to FCC 47 CFR Part 1.1307:

The evaluation according to the minimum intended use distance of 0 mm (5 mm applied for the evaluation) will be as follow:

Technology / Mode	Operating Band	Frequency under evaluation (MHz)	Distance (cm)	Maximum Conducted Power (mW)	Exposure Limit (mW)	Verdict
Bluetooth LE 1Mb	2.4 GHz	2400 - 2483.5	0.50	1.11	2.71	Pass
Bluetooth LE 2Mb	2.4 GHz	2400 - 2483.5	0.50	1.14	2.71	Pass

Table 2: FCC Exemption Evaluation Result

The computed value(s) are below the exemption limit(s), so these modes meet the requirements stated in FCC 47 CFR Part 1.1307.

Appendix B: FCC RF Exposure information

RF Exposure determination of exemption

According to FCC 47 CFR §1.1307 (b)(3) Determination of exemption:

(i) For single RF sources (i.e., any single fixed RF source, mobile device, or portable device, as defined in paragraph (b)(2), a single RF source is exempt if:

(A) The available maximum time-averaged power is no more than 1 mW, regardless of separation distance. This exemption may not be used in conjunction with other exemption criteria other than those in paragraph (b)(3)(ii)(A) of this section. Medical implant devices may only use this exemption and that in paragraph (b)(3)(ii)(A);

(B) Or the available maximum time-averaged power or effective radiated power (ERP), whichever is greater, is less than or equal to the threshold P_{th} (mW) described in the following formula. This method shall only be used at separation distances (cm) from 0.5 centimeters to 40 centimeters and at frequencies from 0.3 GHz to 6 GHz (inclusive). P_{th} is given by:

$$P_{th} \text{ (mW)} = \begin{cases} ERP_{20 \text{ cm}} (d/20 \text{ cm})^x & d \leq 20 \text{ cm} \\ ERP_{20 \text{ cm}} & 20 \text{ cm} < d \leq 40 \text{ cm} \end{cases}$$

Where

$$x = -\log_{10} \left(\frac{60}{ERP_{20 \text{ cm}} \sqrt{f}} \right) \text{ and } f \text{ is in GHz;}$$

and

$$ERP_{20 \text{ cm}} \text{ (mW)} = \begin{cases} 2040f & 0.3 \text{ GHz} \leq f < 1.5 \text{ GHz} \\ 3060 & 1.5 \text{ GHz} \leq f \leq 6 \text{ GHz} \end{cases}$$

d = the separation distance (cm);

(C) Or using Table 1 and the minimum separation distance (R in meters) from the body of a nearby person for the frequency (f in MHz) at which the source operates, the ERP (watts) is no more than the calculated value prescribed for that frequency. For the exemption in Table 1 to apply, R must be at least $\lambda/2\pi$, where λ is the free-space operating wavelength in meters. If the ERP of a single RF source is not easily obtained, then the available maximum time-averaged power may be used in lieu of ERP if the physical dimensions of the radiating structure(s) do not exceed the electrical length of $\lambda/4$ or if the antenna gain is less than that of a half-wave dipole (1.64 linear value).

TABLE 1 TO §1.1307(b)(3)(i)(C)—SINGLE RF SOURCES SUBJECT TO ROUTINE ENVIRONMENTAL EVALUATION

RF Source frequency (MHz)	Threshold ERP (watts)
0.3-1.34	$1,920 R^2$.
1.34-30	$3,450 R^2/f^2$.
30-300	$3.83 R^2$.
300-1,500	$0.0128 R^2 f$.
1,500-100,000	$19.2R^2$.

(ii) For multiple RF sources: Multiple RF sources are exempt if:

(A) The available maximum time-averaged power of each source is no more than 1 mW and there is a separation distance of two centimeters between any portion of a radiating structure operating and the nearest portion of any other radiating structure in the same device, except if the sum of multiple sources is less than 1 mW during the time-averaging period, in which case they may be treated as a single source (separation is not required). This exemption may not be used in conjunction with other exemption criteria other than those is paragraph (b)(3)(i)(A) of this section. Medical implant devices may only use this exemption and that in paragraph (b)(3)(i)(A).

(B) in the case of fixed RF sources operating in the same time-averaging period, or of multiple mobile or portable RF sources within a device operating in the same time averaging period, if the sum of the fractional contributions to the applicable thresholds is less than or equal to 1 as indicated in the following equation.

$$\sum_{i=1}^a \frac{P_i}{P_{th,i}} + \sum_{j=1}^b \frac{ERP_j}{ERP_{th,j}} + \sum_{k=1}^c \frac{Evaluated_k}{Exposure\ Limit_k} \leq 1$$

Where:

a = number of fixed, mobile, or portable RF sources claiming exemption using paragraph (b)(3)(i)(B) of this section for P_{th}, including existing exempt transmitters and those being added.

b = number of fixed, mobile, or portable RF sources claiming exemption using paragraph (b)(3)(i)(C) of this section for Threshold ERP, including existing exempt transmitters and those being added.

c = number of existing fixed, mobile, or portable RF sources with known evaluation for the specified minimum distance including existing evaluated transmitters.

P_i = the available maximum time-averaged power or the ERP, whichever is greater, for fixed, mobile, or portable RF source i at a distance between 0.5 cm and 40 cm (inclusive).

P_{th,i} = the exemption threshold power (P_{th}) according to paragraph (b)(3)(i)(B) of this section for fixed, mobile, or portable RF source i.

ERP_j = the ERP of fixed, mobile, or portable RF source j.

ERP_{th,j} = exemption threshold ERP for fixed, mobile, or portable RF source j, at a distance of at least λ/2π according to the applicable formula of paragraph (b)(3)(i)(C) of this section.

Evaluated_k = the maximum reported SAR or MPE of fixed, mobile, or portable RF source k either in the device or at the transmitter site from an existing evaluation at the location of exposure.

Exposure Limit_k = either the general population/uncontrolled maximum permissible exposure (MPE) or specific absorption rate (SAR) limit for each fixed, mobile, or portable RF source k, as applicable from §1.1310 of this chapter.

The available maximum time-averaged power or effective radiated power (ERP), can be calculated using the following formula to assess compliance with the Exemption Limits:

$$P_{E.I.R.P.} = P_T + G_T - L_C$$

Where:

P_T = transmitter time-averaged output power (including Duty Cycle and tune-up tolerance, if applicable)

G_T = gain of the transmitting antenna

L_C = signal attenuation in the connecting cable between the transmitter and the antenna if applicable

$$P_{E.R.P.} = P_{E.I.R.P.} - 2.15 \text{ dB.}$$