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 \leq 50 mm are determined by: [(max. power of channel, including tune-up tolerance, mW)/(min. test separation distance, mm)] $\,\cdot\,[\,\sqrt{\,f\,(GHz)\,}]\,\leqslant\,3.0$ for 1-g SAR and $\leqslant\,7.5$ for 10-g extremity SAR, where f(GHz) is the RF channel transmit frequency in $\ensuremath{\mathsf{GHz}}$ Power and distance are rounded to the nearest mW and mm before calculation The result is rounded to one decimal place for comparison Ant gain =0dBi; so Ant numeric gain=1.0 For Bluetooth BR/EDR pt=1.921dBm =1.56mW at 2402MHz So $(1.56 \text{mW}/5 \text{mm}) \times \sqrt{2.402 \text{GHz}} = 0.484 < 3$ For BLE pt=-5.220dBm =0.30mW at 2440MHz So $(0.30 \text{mW}/5 \text{mm}) \times \sqrt{2.440 \text{GHz}} = 0.0942 < 3$

Then SAR evaluation is not required