



ELEMENT MATERIALS TECHNOLOGY

(formerly PCTEST)
18855 Adams Court, Morgan Hill, CA 95307 USA
Tel. 408.538.5600
http://www.element.com



SAR EVALUATION REPORT

Applicant Name:
Apple, Inc.
One Apple Park Way
Cupertino, CA 95014 USA

Date of Testing:
06/06/2023 – 07/24/2023
Test Report Issue Date:
08/09/2023
Test Site/Location:
Element, Morgan Hill, CA, USA
Document Serial No.:
1C2305020013-01.BCG (Rev1)

FCC ID: BCG-A2984

APPLICANT: APPLE, INC.

DUT Type: Watch
Application Type: Certification
FCC Rule Part(s): CFR §2.1093
Model: A2984, A2985

Equipment Class	Band & Mode	Tx Frequency	SAR	
			1g Head (W/kg)	10g Extremity (W/kg)
PCT	UMTS 850	826.40 - 846.80 MHz	<0.1	0.28
PCT	UMTS 1755	1712.4 - 1752.6 MHz	0.40	<0.1
PCT	UMTS 1900	1852.4 - 1907.6 MHz	0.33	<0.1
PCT	LTE Band 12	698.7 - 713.3 MHz	<0.1	0.25
PCT	LTE Band 17	706.5 - 713.5 MHz	N/A	N/A
PCT	LTE Band 13	773.5 - 788.5 MHz	<0.1	0.33
PCT	LTE Band 14	790.5 - 795.5 MHz	<0.1	0.30
PCT	LTE Band 26 (Cat6)	814.7 - 848.3 MHz	<0.1	0.22
PCT	LTE Band 3 (Cat6)	824.7 - 848.3 MHz	<0.1	0.24
PCT	LTE Band 66 (AWS)	1710.7 - 1779.3 MHz	0.36	<0.1
PCT	LTE Band 4 (AWS)	1710.7 - 1754.3 MHz	N/A	N/A
PCT	LTE Band 25 (PCS)	1850.7 - 1919.3 MHz	0.55	<0.1
PCT	LTE Band 2 (PCS)	1850.7 - 1909.3 MHz	N/A	N/A
PCT	LTE Band 7	2502.5 - 2567.5 MHz	0.66	<0.1
PCT	LTE Band 41	2508.5 - 2567.5 MHz	0.46	<0.1
DTS	2.4 GHz WLAN	2412 - 2472 MHz	0.38	<0.1
NI	U-NB-1	5100 - 5200 MHz	N/A	N/A
NI	U-NB-2A	5260 - 5320 MHz	0.19	<0.1
NI	U-NB-2C	5500 - 5720 MHz	0.20	<0.1
NI	U-NB-3	5740 - 6280 MHz	0.84	<0.1
DSS/DTS	Bluetooth	2402 - 2480 MHz	0.32	<0.1
NI	300-30.4 GHz-NB	5728.75 - 5840.25 MHz	<0.1	<0.1
Simultaneous SAR per FCC 69.973 (D01v191)02			1.54	0.37

Note: This revised Test Report supersedes and replaces the previously issued test report on the same subject device for the same type of testing as indicated. Please discard or destroy the previously issued test report(s) and dispose of it accordingly.

This watch has been shown to be capable of compliance for localized specific absorption rate (SAR) for uncontrolled environment/general population exposure limits specified in ANSI/IEEE C95.1-1992 and has been tested in accordance with the measurement procedures specified in Section 1.8 of this report; for North American frequency bands only.

I attest to the accuracy of data. All measurements reported herein were performed by me or were made under my supervision and are correct to the best of my knowledge and belief. I assume full responsibility for the completeness of these measurements and vouch for the qualifications of all persons taking them. Test results reported herein relate only to the item(s) tested.

RJ Ortanez
Executive Vice President



The SAR Tick is an initiative of the Mobile & Wireless Forum (MWF). While a product may be considered eligible, use of the SAR Tick logo requires an agreement with the MWF. Further details can be obtained by emailing: sartick@mwfai.info.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 1 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

T A B L E O F C O N T E N T S

1	DEVICE UNDER TEST	3
2	LTE INFORMATION	9
3	INTRODUCTION	10
4	DOSIMETRIC ASSESSMENT	11
5	TEST CONFIGURATION POSITIONS	12
6	RF EXPOSURE LIMITS	13
7	FCC MEASUREMENT PROCEDURES.....	14
8	RF CONDUCTED POWERS.....	19
9	SYSTEM VERIFICATION.....	31
10	SAR DATA SUMMARY	38
11	FCC MULTI-TX AND ANTENNA SAR CONSIDERATIONS.....	55
12	SAR MEASUREMENT VARIABILITY	59
13	EQUIPMENT LIST.....	60
14	MEASUREMENT UNCERTAINTIES.....	61
15	CONCLUSION.....	62
16	REFERENCES	63
APPENDIX A: SAR TEST PLOTS		
APPENDIX B: SAR DIPOLE VERIFICATION PLOTS		
APPENDIX C: PROBE AND DIPOLE CALIBRATION CERTIFICATES		
APPENDIX D: SAR TISSUE SPECIFICATIONS		
APPENDIX E: LTE LOWER BANDWIDTH RF CONDUCTED POWERS		
APPENDIX F: SAR SYSTEM VALIDATION		
APPENDIX G: DUT ANTENNA DIAGRAM & SAR TEST SETUP PHOTOGRAPHS		

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 2 of 64

REV 22.0
03/30/2022

1 DEVICE UNDER TEST

1.1 Device Overview

Band & Mode	Operating Modes	Tx Frequency
UMTS 850	Voice/Data	826.40 - 846.60 MHz
UMTS 1750	Voice/Data	1712.4 - 1752.6 MHz
UMTS 1900	Voice/Data	1852.4 - 1907.6 MHz
LTE Band 12	Voice/Data	699.7 - 715.3 MHz
LTE Band 17	Voice/Data	706.5 - 713.5 MHz
LTE Band 13	Voice/Data	779.5 - 784.5 MHz
LTE Band 14	Voice/Data	790.5 - 795.5 MHz
LTE Band 26 (Cell)	Voice/Data	814.7 - 848.3 MHz
LTE Band 5 (Cell)	Voice/Data	824.7 - 848.3 MHz
LTE Band 66 (AWS)	Voice/Data	1710.7 - 1779.3 MHz
LTE Band 4 (AWS)	Voice/Data	1710.7 - 1754.3 MHz
LTE Band 25 (PCS)	Voice/Data	1850.7 - 1914.3 MHz
LTE Band 2 (PCS)	Voice/Data	1850.7 - 1909.3 MHz
LTE Band 7	Voice/Data	2502.5 - 2567.5 MHz
LTE Band 41	Voice/Data	2498.5 - 2687.5 MHz
2.4 GHz WLAN	Voice/Data	2412 - 2472 MHz
U-NII-1	Voice/Data	5180 - 5240 MHz
U-NII-2A	Voice/Data	5260 - 5320 MHz
U-NII-2C	Voice/Data	5500 - 5720 MHz
U-NII-3	Voice/Data	5745 - 5825 MHz
Bluetooth	Data	2402 - 2480 MHz
802.15.4 ab-NB	Data	5728.75 - 5846.25 MHz
NFC	Data	13.56 MHz
UWB	Data	6489.6 - 7987.2 MHz

1.2 Power Reduction for SAR

There is no power reduction used for any band/mode implemented in this device for SAR purposes.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 3 of 64

REV 22.0
03/30/2022

1.3 Nominal and Maximum Output Power Specifications

This device operates using the following maximum and nominal output power specifications. SAR values were scaled to the maximum allowed power to determine compliance per KDB Publication 447498 D01v06.

1.3.1 Maximum Output Power – UMTS Mode

Mode/Band		Modulated Average Output Power (in dBm)			
		3GPP WCDMA Rel 99	3GPP HSDPA Rel 5	3GPP HSUPA Rel 6	DC-HSPA+
UMTS Band 5 (850 MHz)	Max allowed power	25.00	25.00	24.00	24.00
	Nominal	24.00	24.00	23.00	23.00
UMTS Band 4 (1750 MHz)	Max allowed power	24.00	24.00	23.00	22.00
	Nominal	23.00	23.00	22.00	21.00
UMTS Band 2 (1900 MHz)	Max allowed power	24.00	24.00	23.00	22.00
	Nominal	23.00	23.00	22.00	21.00

1.3.2 Maximum Output Power – LTE Mode

Mode / Band	Modulated Average Output Power (in dBm)	
LTE FDD Band 12	Max allowed power	25.50
	Nominal	24.50
LTE FDD Band 17	Max allowed power	25.50
	Nominal	24.50
LTE FDD Band 13	Max allowed power	25.50
	Nominal	24.50
LTE FDD Band 14	Max allowed power	25.50
	Nominal	24.50
LTE FDD Band 26	Max allowed power	25.50
	Nominal	24.50
LTE FDD Band 5	Max allowed power	25.50
	Nominal	24.50
LTE FDD Band 4	Max allowed power	24.50
	Nominal	23.50
LTE FDD Band 66	Max allowed power	24.50
	Nominal	23.50
LTE FDD Band 2	Max allowed power	24.50
	Nominal	23.50
LTE FDD Band 25	Max allowed power	24.50
	Nominal	23.50
LTE FDD Band 7	Max allowed power	24.00
	Nominal	23.00
LTE TDD Band 41	Max allowed power	24.00
	Nominal	23.00

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 4 of 64

REV 22.0
03/30/2022

1.3.3

Maximum Output Power – WiFi Mode

Mode/ Band		IEEE 802.11b (2.4 GHz)		IEEE 802.11g (2.4 GHz)		IEEE 802.11n (2.4 GHz)		
		Channel	Maximum	Nominal	Maximum	Nominal	Maximum	Nominal
Modulated Average - Single Tx Chain (dBm)	20 MHz Bandwidth	1	19.00	18.00	17.00	16.00	17.00	16.00
		2	19.00	18.00	18.00	17.00	18.00	17.00
		3	19.00	18.00	18.50	17.50	18.50	17.50
		4	19.00	18.00	18.50	17.50	18.50	17.50
		5	19.00	18.00	18.50	17.50	18.50	17.50
		6	19.00	18.00	18.50	17.50	18.50	17.50
		7	19.00	18.00	18.50	17.50	18.50	17.50
		8	19.00	18.00	18.50	17.50	18.50	17.50
		9	19.00	18.00	18.50	17.50	18.50	17.50
		10	19.00	18.00	18.00	17.00	18.00	17.00
		11	19.00	18.00	14.00	13.00	14.00	13.00
		12	18.00	17.00	13.00	12.00	13.00	12.00
		13	15.00	14.00	2.50	1.50	2.50	1.50

Mode/ Band		IEEE 802.11a (5 GHz)		IEEE 802.11n (5 GHz)		
		Channel	Maximum	Nominal	Maximum	Nominal
Modulated Average - Single Tx Chain (dBm)	20 MHz Bandwidth	36	17.00	16.00	17.00	16.00
		40	17.00	16.00	17.00	16.00
		44	17.00	16.00	17.00	16.00
		48	17.00	16.00	17.00	16.00
		52	17.00	16.00	17.00	16.00
		56	17.00	16.00	17.00	16.00
		60	17.00	16.00	17.00	16.00
		64	17.00	16.00	17.00	16.00
		100	17.00	16.00	17.00	16.00
		104	17.00	16.00	17.00	16.00
		108	17.00	16.00	17.00	16.00
		112	17.00	16.00	17.00	16.00
		116	17.00	16.00	17.00	16.00
		120	17.00	16.00	17.00	16.00
		124	17.00	16.00	17.00	16.00
		128	17.00	16.00	17.00	16.00
		132	17.00	16.00	17.00	16.00
		136	16.00	15.00	16.00	15.00
		140	13.50	12.50	13.50	12.50
		144	17.00	16.00	17.00	16.00
149	17.00	16.00	17.00	16.00		
153	17.00	16.00	17.00	16.00		
157	17.00	16.00	17.00	16.00		
161	17.00	16.00	17.00	16.00		
165	17.00	16.00	17.00	16.00		

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 5 of 64

REV 22.0
03/30/2022

1.3.4 Maximum Output Power – Bluetooth Mode

Mode / Band		Modulated Average - Single Tx Chain (dBm)
Bluetooth BDR/LE	Maximum	17.50
	Nominal	16.50
Bluetooth EDR	Maximum	14.00
	Nominal	13.00
Bluetooth HDR	Maximum	13.50
	Nominal	12.50

1.3.5 Maximum Output Power – 802.15.4 ab-NB

Mode / Band		Modulated Average - Single Tx Chain (dBm)
802.15.4 ab-NB	Maximum	16.00
	Nominal	14.00

1.4 DUT Antenna Locations

A diagram showing the location of the device antennas can be found in the DUT Antenna Diagram & SAR Test Setup Photographs Appendix.

1.5 Near Field Communications (NFC) Antenna

This DUT has NFC operations. The NFC antenna is integrated into the device for this model. Therefore, all SAR tests were performed with the device which already incorporates the NFC antenna. A diagram showing the location of the NFC antenna can be found in the DUT Antenna Diagram & SAR Test Setup Photographs Appendix.

1.6 Simultaneous Transmission Capabilities

According to FCC KDB Publication 447498 D01v06, transmitters are considered to be operating simultaneously when there is overlapping transmission, with the exception of transmissions during network hand-offs with maximum hand-off duration less than 30 seconds.

This device contains multiple transmitters that may operate simultaneously, and therefore requires a simultaneous transmission analysis according to FCC KDB Publication 447498 D01v06 4.3.2 procedures.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 6 of 64

REV 22.0
03/30/2022

**Table 1-1
Simultaneous Transmission Scenarios**

No.	Capable Transmit Configuration	Head	Extremity
1	Cellular + 2.4 GHz WI-FI	Yes	Yes
2	Cellular + 5 GHz WI-FI	Yes	Yes
3	Cellular + 2.4 GHz Bluetooth	Yes	Yes
4	Cellular + 802.15.4 ab-NB	Yes	Yes
5	Cellular + 2.4 GHz Bluetooth + 5 GHz WI-FI	Yes	Yes
6	Cellular + 802.15.4 ab-NB + 2.4 GHz WIFI	Yes	Yes
7	Cellular + 2.4 GHz Bluetooth + 802.15.4 ab-NB	Yes	Yes
8	2.4 GHz Bluetooth + 5 GHz WI-FI	Yes	Yes
9	2.4 GHz Bluetooth + 802.15.4 ab-NB	Yes	Yes
10	802.15.4 ab-NB + 2.4 GHz WI-FI	Yes	Yes

- 2.4 GHz WLAN, and 2.4 GHz Bluetooth share the same antenna path and cannot transmit simultaneously.
- 2.4 GHz WLAN, and 5 GHz WLAN share the same antenna path and cannot transmit simultaneously.
- 802.15.4 ab-NB, and 5 GHz WLAN share the same antenna path and cannot transmit simultaneously.
- Licensed modes cannot transmit simultaneously.
- When the user utilizes multiple services in UMTS 3G mode it uses multi-Radio Access Bearer or multi-RAB. The power control is based on a physical control channel (Dedicated Physical Control Channel [DPCCH]) and power control will be adjusted to meet the needs of both services. Therefore, the UMTS+WLAN scenario also represents the UMTS Voice/DATA + WLAN scenario.
- 802.15.4 ab-NB can successfully transmit simultaneously with the Cellular Band and 2.4 GHz WI-FI without any need for power reduction, indicating an efficient coexistence of these bands.
- This device supports VOLTE and VOWIFI.

1.7 Miscellaneous SAR Test Considerations

(A) WIFI/BT

This device supports channel 1-13 for 2.4 GHz WLAN. However, because channel 12/13 targets are not higher than that of channels 1-11, channels 1, 6, and 11 were considered for SAR testing per FCC KDB 248227 D01V02r02.

Since U-NII-1 and U-NII-2A bands have the same maximum output power and the highest reported SAR for U-NII-2A is less than 1.2 W/kg, SAR is not required for U-NII-1 band according to FCC KDB Publication 248227 D01v02r02.

(B) Licensed Transmitter(s)

This device is only capable of QPSK HSUPA in the uplink. Therefore, no additional SAR tests are required beyond that described for devices with HSUPA in KDB 941225 D01v03r01.

LTE SAR for the higher modulations and lower bandwidths were not tested since the maximum average output power of all required channels and configurations was not more than 0.5 dB higher than the highest

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 7 of 64

REV 22.0
03/30/2022

bandwidth; and the reported LTE SAR for the highest bandwidth was less than 1.45 W/kg for all configurations according to FCC KDB 941225 D05v02r04.

This device supports LTE capabilities with overlapping transmission frequency ranges. When the supported frequency range of an LTE Band falls completely within an LTE band with a larger transmission frequency range, both LTE bands have the same target power (or the band with the larger transmission frequency range has a higher target power), and both LTE bands share the same transmission path and signal characteristics, SAR was only assessed for the band with the larger transmission frequency range.

This device is limited to 27 RB on the uplink for 16QAM modulation. Additional measurements were evaluated to support SAR test exclusion for 16 QAM as described in Section 7.5.4.

1.8 Guidance Applied

- FCC KDB Publication 941225 D01v03r01, D05v02r04 (3G/4G)
- FCC KDB Publication 248227 D01v02r02 (SAR Considerations for 802.11 Devices)
- FCC KDB Publication 447498 D01v06 (General SAR Guidance, Wrist-worn Device Guidance)
- FCC KDB Publication 865664 D01v01r04, D02v01r02 (SAR Measurements up to 6 GHz)
- IEEE 1528-2013

1.9 Device Serial Numbers

Several samples with identical hardware were used to support SAR testing. The manufacturer has confirmed that the device(s) tested have the same physical, mechanical, and thermal characteristics and are within operational tolerances expected for production units. The serial numbers used for each test are indicated alongside the results in Section 10.

1.10 Device Housing Types and Wrist Band Types

This device has two housing types that were evaluated independently for SAR: Aluminum and Stainless Steel. The device can also be used with different wristband accessories. The non-metallic wrist accessory, sport band, was evaluated for all exposure conditions. The available metallic wrist accessories, metal links band and metal loop band, were additionally evaluated.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 8 of 64

REV 22.0
03/30/2022

2 LTE INFORMATION

LTE Information					
Form Factor	Watch				
Frequency Range of each LTE transmission band	LTE Band 12 (699.7 - 715.3 MHz)				
	LTE Band 17 (706.5 - 713.5 MHz)				
	LTE Band 13 (779.5 - 784.5 MHz)				
	LTE Band 14 (790.5 - 795.5 MHz)				
	LTE Band 26 (Cell) (814.7 - 848.3 MHz)				
	LTE Band 5 (Cell) (824.7 - 848.3 MHz)				
	LTE Band 66 (AWS) (1710.7 - 1779.3 MHz)				
	LTE Band 4 (AWS) (1710.7 - 1754.3 MHz)				
	LTE Band 25 (PCS) (1850.7 - 1914.3 MHz)				
	LTE Band 2 (PCS) (1850.7 - 1909.3 MHz)				
	LTE Band 7 (2502.5 - 2567.5 MHz)				
	LTE Band 41 (2498.5 - 2687.5 MHz)				
	LTE Band 12: 1.4 MHz, 3 MHz, 5 MHz, 10 MHz				
	LTE Band 17: 5 MHz, 10 MHz				
	LTE Band 13: 5 MHz, 10 MHz				
	LTE Band 14: 5 MHz, 10 MHz				
	LTE Band 26 (Cell): 1.4 MHz, 3 MHz, 5 MHz, 10 MHz				
	LTE Band 5 (Cell): 1.4 MHz, 3 MHz, 5 MHz, 10 MHz				
	LTE Band 66 (AWS): 1.4 MHz, 3 MHz, 5 MHz, 10 MHz, 15 MHz, 20 MHz				
	LTE Band 4 (AWS): 1.4 MHz, 3 MHz, 5 MHz, 10 MHz, 15 MHz, 20 MHz				
LTE Band 25 (PCS): 1.4 MHz, 3 MHz, 5 MHz, 10 MHz, 15 MHz, 20 MHz					
LTE Band 2 (PCS): 1.4 MHz, 3 MHz, 5 MHz, 10 MHz, 15 MHz, 20 MHz					
LTE Band 7: 5 MHz, 10 MHz, 15 MHz, 20 MHz					
LTE Band 41: 5 MHz, 10 MHz, 15 MHz, 20 MHz					
Channel Numbers and Frequencies (MHz)	Low	Low-Mid	Mid	Mid-High	High
LTE Band 12: 1.4 MHz	699.7 (23017)		707.5 (23095)		715.3 (23173)
LTE Band 12: 3 MHz	700.5 (23025)		707.5 (23095)		714.5 (23165)
LTE Band 12: 5 MHz	701.5 (23035)		707.5 (23095)		713.5 (23155)
LTE Band 12: 10 MHz	704 (23060)		707.5 (23095)		711 (23130)
LTE Band 17: 5 MHz	706.5 (23755)		710 (23790)		713.5 (23825)
LTE Band 17: 10 MHz	709 (23780)		710 (23790)		711 (23800)
LTE Band 13: 5 MHz	779.5 (23205)		782 (23230)		784.5 (23255)
LTE Band 13: 10 MHz	N/A		782 (23230)		N/A
LTE Band 14: 5 MHz	790.5 (23305)		793 (23330)		795.5 (23355)
LTE Band 14: 10 MHz	N/A		793 (23330)		N/A
LTE Band 26 (Cell): 1.4 MHz	814.7 (26697)		831.5 (26865)		848.3 (27033)
LTE Band 26 (Cell): 3 MHz	815.5 (26705)		831.5 (26865)		847.5 (27025)
LTE Band 26 (Cell): 5 MHz	816.5 (26715)		831.5 (26865)		846.5 (27015)
LTE Band 26 (Cell): 10 MHz	819 (26740)		831.5 (26865)		844 (26990)
LTE Band 5 (Cell): 1.4 MHz	824.7 (20407)		836.5 (20525)		848.3 (20643)
LTE Band 5 (Cell): 3 MHz	825.5 (20415)		836.5 (20525)		847.5 (20635)
LTE Band 5 (Cell): 5 MHz	826.5 (20425)		836.5 (20525)		846.5 (20625)
LTE Band 5 (Cell): 10 MHz	829 (20450)		836.5 (20525)		844 (20600)
LTE Band 66 (AWS): 1.4 MHz	1710.7 (131979)		1745 (132322)		1779.3 (132665)
LTE Band 66 (AWS): 3 MHz	1711.5 (131987)		1745 (132322)		1778.5 (132657)
LTE Band 66 (AWS): 5 MHz	1712.5 (131997)		1745 (132322)		1777.5 (132647)
LTE Band 66 (AWS): 10 MHz	1715 (132022)		1745 (132322)		1775 (132622)
LTE Band 66 (AWS): 15 MHz	1717.5 (132047)		1745 (132322)		1772.5 (132597)
LTE Band 66 (AWS): 20 MHz	1720 (132072)		1745 (132322)		1770 (132572)
LTE Band 4 (AWS): 1.4 MHz	1710.7 (19957)		1732.5 (20175)		1754.3 (20393)
LTE Band 4 (AWS): 3 MHz	1711.5 (19965)		1732.5 (20175)		1753.5 (20385)
LTE Band 4 (AWS): 5 MHz	1712.5 (19975)		1732.5 (20175)		1752.5 (20375)
LTE Band 4 (AWS): 10 MHz	1715 (20000)		1732.5 (20175)		1750 (20350)
LTE Band 4 (AWS): 15 MHz	1717.5 (20025)		1732.5 (20175)		1747.5 (20325)
LTE Band 4 (AWS): 20 MHz	1720 (20050)		1732.5 (20175)		1745 (20300)
LTE Band 25 (PCS): 1.4 MHz	1850.7 (26047)		1882.5 (26365)		1914.3 (26683)
LTE Band 25 (PCS): 3 MHz	1851.5 (26055)		1882.5 (26365)		1913.5 (26675)
LTE Band 25 (PCS): 5 MHz	1852.5 (26065)		1882.5 (26365)		1912.5 (26665)
LTE Band 25 (PCS): 10 MHz	1855 (26090)		1882.5 (26365)		1910 (26640)
LTE Band 25 (PCS): 15 MHz	1857.5 (26115)		1882.5 (26365)		1907.5 (26615)
LTE Band 25 (PCS): 20 MHz	1860 (26140)		1882.5 (26365)		1905 (26590)
LTE Band 2 (PCS): 1.4 MHz	1850.7 (18607)		1880 (18900)		1909.3 (19193)
LTE Band 2 (PCS): 3 MHz	1851.5 (18615)		1880 (18900)		1908.5 (19185)
LTE Band 2 (PCS): 5 MHz	1852.5 (18625)		1880 (18900)		1907.5 (19175)
LTE Band 2 (PCS): 10 MHz	1855 (18650)		1880 (18900)		1905 (19150)
LTE Band 2 (PCS): 15 MHz	1857.5 (18675)		1880 (18900)		1902.5 (19125)
LTE Band 2 (PCS): 20 MHz	1860 (18700)		1880 (18900)		1900 (19100)
LTE Band 7: 5 MHz	2502.5 (20775)		2535 (21100)		2567.5 (21425)
LTE Band 7: 10 MHz	2505 (20800)		2535 (21100)		2565 (21400)
LTE Band 7: 15 MHz	2507.5 (20825)		2535 (21100)		2562.5 (21375)
LTE Band 7: 20 MHz	2510 (20850)		2535 (21100)		2560 (21350)
LTE Band 41: 5 MHz	2506 (39750)	2549.5 (40185)	2593 (40620)	2636.5 (41055)	2680 (41490)
LTE Band 41: 10 MHz	2506 (39750)	2549.5 (40185)	2593 (40620)	2636.5 (41055)	2680 (41490)
LTE Band 41: 15 MHz	2506 (39750)	2549.5 (40185)	2593 (40620)	2636.5 (41055)	2680 (41490)
LTE Band 41: 20 MHz	2506 (39750)	2549.5 (40185)	2593 (40620)	2636.5 (41055)	2680 (41490)
UE Category	1				
Modulations Supported in UL	QPSK, 16QAM				
LTE MPR Permanently implemented per 3GPP TS 36.101 section 6.2.3-6.2.5? (manufacturer attestation to be provided)	YES				
A-MPR (Additional MPR) disabled for SAR Testing?	YES				
LTE Carrier Aggregation Possible Combinations	The technical description includes all the possible carrier aggregation combinations				
LTE Additional Information	This device does not support full CA features on 3GPP Release 12. All uplink communications are identical to the Release 8 Specifications. The following LTE Release 12 Features are not supported: Carrier Aggregation, Relay, HetNet, Enhanced MIMO, eCIC, WIFI Offloading, eMBMS, Cross-Carrier Scheduling, Enhanced SC-FDMA.				

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 9 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

3 INTRODUCTION

The FCC and Innovation, Science, and Economic Development Canada have adopted the guidelines for evaluating the environmental effects of radio frequency (RF) radiation in ET Docket 93-62 on Aug. 6, 1996, and Health Canada Safety Code 6 to protect the public and workers from the potential hazards of RF emissions due to FCC-regulated portable devices. [1]

The safety limits used for the environmental evaluation measurements are based on the criteria published by the American National Standards Institute (ANSI) for localized specific absorption rate (SAR) in IEEE/ANSI C95.1-1992 Standard for Safety Levels with Respect to Human Exposure to Radio Frequency Electromagnetic Fields, 3 kHz to 300 GHz [3] and Health Canada RF Exposure Guidelines Safety Code 6 [22]. The measurement procedure described in IEEE/ANSI C95.3-2002 Recommended Practice for the Measurement of Potentially Hazardous Electromagnetic Fields - RF and Microwave [4] is used for guidance in measuring the Specific Absorption Rate (SAR) due to the RF radiation exposure from the Equipment Under Test (EUT). These criteria for SAR evaluation are similar to those recommended by the International Committee for Non-Ionizing Radiation Protection (ICNIRP) in Biological Effects and Exposure Criteria for Radiofrequency Electromagnetic Fields,” Report No. Vol 74. SAR is a measure of the rate of energy absorption due to exposure to an RF transmitting source. SAR values have been related to threshold levels for potential biological hazards.

3.1 SAR Definition

Specific Absorption Rate is defined as the time derivative (rate) of the incremental energy (dU) absorbed by (dissipated in) an incremental mass (dm) contained in a volume element (dV) of a given density (ρ). It is also defined as the rate of RF energy absorption per unit mass at a point in an absorbing body (see Equation 3-1).

Equation 3-1
SAR Mathematical Equation

$$SAR = \frac{d}{dt} \left(\frac{dU}{dm} \right) = \frac{d}{dt} \left(\frac{dU}{\rho dv} \right)$$

SAR is expressed in units of Watts per Kilogram (W/kg).

$$SAR = \frac{\sigma \cdot E^2}{\rho}$$

where:

- σ = conductivity of the tissue-simulating material (S/m)
- ρ = mass density of the tissue-simulating material (kg/m³)
- E = Total RMS electric field strength (V/m)

NOTE: The primary factors that control rate of energy absorption were found to be the wavelength of the incident field in relation to the dimensions and geometry of the irradiated organism, the orientation of the organism in relation to the polarity of field vectors, the presence of reflecting surfaces, and whether conductive contact is made by the organism with a ground plane.[6]

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 10 of 64

REV 22.0
03/30/2022

4 DOSIMETRIC ASSESSMENT

4.1 Measurement Procedure

The evaluation was performed using the following procedure compliant to FCC KDB Publication 865664 D01v01r04 and IEEE 1528-2013:

1. The SAR distribution at the exposed side of the head or body was measured at a distance no greater than 5.0 mm from the inner surface of the shell. The area covered the entire dimension of the device-head and body interface, and the horizontal grid resolution was determined per FCC KDB Publication 865664 D01v01r04 and IEEE 1528-2013. (See Table 4-1).
2. The point SAR measurement was taken at the maximum SAR region determined from Step 1 to enable the monitoring of SAR fluctuations/drifts during the 1g/10g cube evaluation. SAR at this fixed point was measured and used as a reference value.
3. Based on the area scan data, the peak of the region with maximum SAR was determined by spline interpolation. Around this point, a volume was assessed according to the measurement resolution and volume size requirements of FCC KDB Publication 865664 D01v01r04 and IEEE 1528-2013 (See Table 4-1). On the basis of this data set, the spatial peak SAR value was evaluated with the following procedure (see references or the DASYS manual online for more details):
 - a. SAR values at the inner surface of the phantom are extrapolated from the measured values along the line away from the surface with spacing no greater than that in Table 4-1. The extrapolation was based on a least-squares algorithm. A polynomial of the fourth order was calculated through the points in the z-axis (normal to the phantom shell).
 - b. After the maximum interpolated values were calculated between the points in the cube, the SAR was averaged over the spatial volume (1g or 10g) using a 3D-Spline interpolation algorithm. The 3D-spline is composed of three one-dimensional splines with the “Not a knot” condition (in x, y, and z directions). The volume was then integrated with the trapezoidal algorithm. One thousand points (10 x 10 x 10) were obtained through interpolation, in order to calculate the averaged SAR.
 - c. All neighboring volumes were evaluated until no neighboring volume with a higher average value was found.
4. The SAR reference value, at the same location as step 2, was re-measured after the zoom scan was complete to calculate the SAR drift. If the drift deviated by more than 5%, the SAR test and drift measurements were repeated.

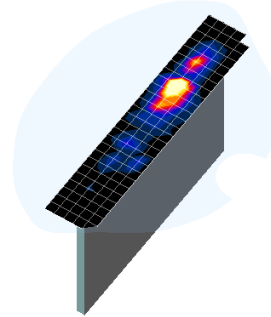


Figure 4-1
Sample SAR Area Scan

Table 4-1
Area and Zoom Scan Resolutions per FCC KDB Publication 865664 D01v01r04*

Frequency	Maximum Area Scan Resolution (mm) ($\Delta x_{\text{area}}, \Delta y_{\text{area}}$)	Maximum Zoom Scan Resolution (mm) ($\Delta x_{\text{zoom}}, \Delta y_{\text{zoom}}$)	Maximum Zoom Scan Spatial Resolution (mm)			Minimum Zoom Scan Volume (mm) (x, y, z)
			Uniform Grid	Graded Grid		
			$\Delta z_{\text{zoom}}(n)$	$\Delta z_{\text{zoom}}(1)^*$	$\Delta z_{\text{zoom}}(n>1)^*$	
≤ 2 GHz	≤ 15	≤ 8	≤ 5	≤ 4	≤ 1.5* $\Delta z_{\text{zoom}}(n-1)$	≥ 30
2-3 GHz	≤ 12	≤ 5	≤ 5	≤ 4	≤ 1.5* $\Delta z_{\text{zoom}}(n-1)$	≥ 30
3-4 GHz	≤ 12	≤ 5	≤ 4	≤ 3	≤ 1.5* $\Delta z_{\text{zoom}}(n-1)$	≥ 28
4-5 GHz	≤ 10	≤ 4	≤ 3	≤ 2.5	≤ 1.5* $\Delta z_{\text{zoom}}(n-1)$	≥ 25
5-6 GHz	≤ 10	≤ 4	≤ 2	≤ 2	≤ 1.5* $\Delta z_{\text{zoom}}(n-1)$	≥ 22

*Also compliant to IEEE 1528-2013 Table 6

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 11 of 64

REV 22.0
03/30/2022

5 TEST CONFIGURATION POSITIONS

5.1 Device Holder

The device holder is made out of low-loss POM material having the following dielectric parameters: relative permittivity $\epsilon = 3$ and loss tangent $\delta = 0.02$. Additionally, a manufacturer provided low-loss foam was used to position the device for head SAR evaluations.

5.2 Positioning for Head

Devices that are designed to be worn on the wrist may operate in speaker mode for voice communication, with the device worn on the wrist and positioned next to the mouth. When next-to-mouth SAR evaluation is required, the device is positioned at 10 mm from a flat phantom filled with head tissue-equivalent medium. The device is evaluated with wrist bands strapped together to represent normal use conditions.

5.3 Extremity Exposure Configurations

Devices that are designed or intended for use on extremities or mainly operated in extremity only exposure conditions: i.e., hands, wrists, feet, and ankles, may require extremity SAR evaluation. When the device also operates in close proximity to the user's body, SAR compliance for the body is also required. When extremity SAR evaluation is required, the device is evaluated with the back of the device touching the flat phantom, which is filled with head tissue-equivalent medium. The device was evaluated with Sport wristband unstrapped and touching the phantom. For Metal Loop and Metal Links wristbands, the device was evaluated with wristbands strapped and the distance between wristbands and the phantom was minimized to represent the spacing created by actual use conditions.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 12 of 64

REV 22.0
03/30/2022

6 RF EXPOSURE LIMITS

6.1 Uncontrolled Environment

UNCONTROLLED ENVIRONMENTS are defined as locations where there is the exposure of individuals who have no knowledge or control of their exposure. The general population/uncontrolled exposure limits are applicable to situations in which the general public may be exposed or in which persons who are exposed as a consequence of their employment may not be made fully aware of the potential for exposure or cannot exercise control over their exposure. Members of the general public would come under this category when exposure is not employment-related; for example, in the case of a wireless transmitter that exposes persons in its vicinity.

6.2 Controlled Environment

CONTROLLED ENVIRONMENTS are defined as locations where there is exposure that may be incurred by persons who are aware of the potential for exposure, (i.e., as a result of employment or occupation). In general, occupational/controlled exposure limits are applicable to situations in which persons are exposed as a consequence of their employment, who have been made fully aware of the potential for exposure and can exercise control over their exposure. This exposure category is also applicable when the exposure is of a transient nature due to incidental passage through a location where the exposure levels may be higher than the general population/uncontrolled limits, but the exposed person is fully aware of the potential for exposure and can exercise control over his or her exposure by leaving the area or by some other appropriate means.

Table 6-1
SAR Human Exposure Specified in ANSI/IEEE C95.1-1992 and Health Canada Safety Code 6

HUMAN EXPOSURE LIMITS		
	UNCONTROLLED ENVIRONMENT <i>General Population</i> (W/kg) or (mW/g)	CONTROLLED ENVIRONMENT <i>Occupational</i> (W/kg) or (mW/g)
Peak Spatial Average SAR Head	1.6	8.0
Whole Body SAR	0.08	0.4
Peak Spatial Average SAR Hands, Feet, Ankle, Wrists, etc.	4.0	20

1. The Spatial Peak value of the SAR averaged over any 1 gram of tissue (defined as a tissue volume in the shape of a cube) and over the appropriate averaging time.
2. The Spatial Average value of the SAR averaged over the whole body.
3. The Spatial Peak value of the SAR averaged over any 10 grams of tissue (defined as a tissue volume in the shape of a cube) and over the appropriate averaging time.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 13 of 64

REV 22.0
03/30/2022

7 FCC MEASUREMENT PROCEDURES

Power measurements for licensed transmitters are performed using a base station simulator under digital average power.

7.1 Measured and Reported SAR

Per FCC KDB Publication 447498 D01v06, when SAR is not measured at the maximum power level allowed for production units, the results must be scaled to the maximum tune-up tolerance limit according to the power applied to the individual channels tested to determine compliance. For simultaneous transmission, the measured aggregate SAR must be scaled according to the sum of the differences between the maximum tune-up tolerance and actual power used to test each transmitter. When SAR is measured at or scaled to the maximum tune-up tolerance limit, the results are referred to as *reported* SAR. The highest *reported* SAR results are identified on the grant of equipment authorization according to procedures in KDB 690783 D01v01r03.

7.2 3G SAR Test Reduction Procedure

In FCC KDB Publication 941225 D01v03r01, certain transmission modes within a frequency band and wireless mode evaluated for SAR are defined as primary modes. The equivalent modes considered for SAR test reduction are denoted as secondary modes. When the maximum output power including tune-up tolerance specified for production units in a secondary mode is ≤ 0.25 dB higher than the primary mode or when the highest reported SAR of the primary mode, scaled by the ratio of specified maximum output power and tune-up tolerance of secondary to primary mode, is ≤ 1.2 W/kg, SAR measurements are not required for the secondary mode. These criteria are referred to as the 3G SAR test reduction procedure. When the 3G SAR test reduction procedure is not satisfied, SAR measurements are additionally required for the secondary mode.

7.3 Procedures Used to Establish RF Signal for SAR

The following procedures are according to FCC KDB Publication 941225 D01v03r01 “3G SAR Measurement Procedures.”

The device is placed into a simulated call using a base station simulator in a RF shielded chamber. Establishing connections in this manner ensure a consistent means for testing SAR and are recommended for evaluating SAR [4]. Devices under test are evaluated prior to testing, with a fully charged battery and were configured to operate at maximum output power. In order to verify that the device is tested throughout the SAR test at maximum output power, the SAR measurement system measures a “point SAR” at an arbitrary reference point at the start and end of the 1-gram SAR evaluation, to assess for any power drifts during the evaluation. If the power drift deviates by more than 5%, the SAR test and drift measurements are repeated.

7.4 SAR Measurement Conditions for UMTS

7.4.1 Output Power Verification

Maximum output power is verified on the High, Middle, and Low channels according to the general descriptions in section 5.2 of 3GPP TS 34.121, using the appropriate RMC with TPC (transmit power control) set to all “1s” or applying the required inner loop power control procedures to maintain maximum output power while HSUPA is active. Results for all applicable physical channel configurations (DPCCH, DPDCHn and spreading codes, HS-DPCCH etc) are tabulated in this test report. All configurations that are not supported by the DUT or cannot be measured due to technical or equipment limitations are identified.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 14 of 64

REV 22.0
03/30/2022

7.4.2 Head SAR Measurements

SAR for head exposure configurations is measured using the 12.2 kbps RMC with TPC bits configured to all "1s". SAR in AMR configurations is not required when the maximum average output of each RF channel for 12.2 kbps AMR is less than 0.25 dB higher than that measured in 12.2 kbps RMC. Otherwise, SAR is measured on the maximum output channel in 12.2 AMR with a 3.4 kbps SRB (signaling radio bearer) using the exposure configuration that resulted in the highest SAR for that RF channel in the 12.2 kbps RMC mode.

7.4.3 Body SAR Measurements

SAR for body exposure configurations is measured using the 12.2 kbps RMC with the TPC bits all "1s". The 3G SAR test reduction procedure is applied to other spreading codes and multiple DPDCH_n configurations supported by the handset with 12.2 kbps RMC as the primary mode. Otherwise, SAR is measured using an applicable RMC configuration with the corresponding spreading code or DPDCH_n, for the highest reported SAR configuration in 12.2 kbps RMC.

7.4.4 SAR Measurements with Rel 5 HSDPA

The 3G SAR test reduction procedure is applied to HSDPA body configurations with 12.2 kbps RMC as the primary mode. Otherwise, Body SAR for HSDPA is measured using an FRC with H-Set 1 in Sub-test 1 and a 12.2 kbps RMC configured in Test Loop Mode 1, for the highest reported SAR configuration in 12.2 kbps RMC without HSDPA. Handsets with both HSDPA and HSUPA are tested according to Release 6 HSPA test procedures.

7.4.5 SAR Measurements with Rel 6 HSUPA

The 3G SAR test reduction procedure is applied to HSPA (HSUPA/HSDPA with RMC) body configurations with 12.2 kbps RMC as the primary mode. Otherwise, Body SAR for HSPA is measured with E-DCH Sub-test 5, using H-Set 1 and QPSK for FRC and a 12.2 kbps RMC configured in Test Loop Mode 1 and power control algorithm 2, according to the highest reported body SAR configuration in 12.2 kbps RMC without HSPA.

When VOIP applies to head exposure, the 3G SAR test reduction procedure is applied with 12.2 kbps RMC as the primary mode; otherwise, the same HSPA configuration used for body SAR measurements are applied to head exposure testing.

7.4.6 SAR Measurements Conditions for DC-HSDPA

SAR is required for Rel. 8 DC-HSDPA when SAR is required for Rel. 5 HSDPA; otherwise, the 3G SAR test reduction procedure is applied to DC-HSDPA with 12.2 kbps RMC as the primary mode. Power is measured for DC-HSDPA according to the H-Set 12, FRC configuration in Table C.8.1.12 of 3GPP TS 34.121-1 to determine SAR test reduction. A primary and a secondary serving HS-DSCH Cell are required to perform the power measurement and for the results to be acceptable."

7.5 SAR Measurement Conditions for LTE

LTE modes are tested according to FCC KDB 941225 D05v02r04 publication. Establishing connections with base station simulators ensure a consistent means for testing SAR and are recommended for evaluating SAR [4]. The R&S CMW500 or Anritsu MT8820C simulators are used for LTE output power measurements and SAR testing. Closed loop power control was used so the UE transmits with maximum output power during SAR testing. SAR tests were performed with the same number of RB and RB offsets transmitting on all TTI frames (maximum TTI).

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 15 of 64

REV 22.0
03/30/2022

7.5.1 Spectrum Plots for RB Configurations

A properly configured base station simulator was used for SAR tests and power measurements. Therefore, spectrum plots for RB configurations were not required to be included in this report.

7.5.2 MPR

MPR is permanently implemented for this device by the manufacturer. The specific manufacturer target MPR is indicated alongside the SAR results. MPR is enabled for this device, according to 3GPP TS36.101 Section 6.2.3 – 6.2.5 under Table 6.2.3-1.

7.5.3 A-MPR

A-MPR (Additional MPR) has been disabled for all SAR tests by setting NS=01 on the base station simulator.

7.5.4 Required RB Size and RB Offsets for SAR Testing

According to FCC KDB 941225 D05v02r04:

- a. Per Section 5.2.1, SAR is required for QPSK 1 RB Allocation for the largest bandwidth
 - i. The required channel and offset combination with the highest maximum output power is required for SAR.
 - ii. When the reported SAR is ≤ 0.8 W/kg, testing of the remaining RB offset configurations and required test channels is not required. Otherwise, SAR is required for the remaining required test channels using the RB offset configuration with highest output power for that channel.
 - iii. When the reported SAR for a required test channel is > 1.45 W/kg, SAR is required for all RB offset configurations for that channel.
- b. Per Section 5.2.2, SAR is required for 50% RB allocation using the largest bandwidth following the same procedures outlined in Section 5.2.1.
- c. Per Section 5.2.3, QPSK SAR is not required for the 100% allocation when the highest maximum output power for the 100% allocation is less than the highest maximum output power of the 1 RB and 50% RB allocations and the reported SAR for the 1 RB and 50% RB allocations is < 0.8 W/kg.
- d. Per Section 5.2.4 and 5.3, SAR tests for higher order modulations and lower bandwidths configurations are not required when the conducted power of the required test configurations determined by Sections 5.2.1 through 5.2.3 is less than or equal to $\frac{1}{2}$ dB higher than the equivalent configuration using QPSK modulation and when the QPSK SAR for those configurations is < 1.45 W/kg.
- e. This device can only operate with 16QAM on the uplink with less than or equal to 27 RB. For 16QAM configurations with 10 MHz, 15 MHz and 20 MHz bandwidths, LTE powers for RB size of 15 (“50% RB”) and 27 (“100% RB”) with offsets to upper edge, middle, and lower edge of the channel are additionally measured for both QPSK and 16QAM modulations to support comparison and SAR test exclusion per Section 5.2.4 and 5.3.

7.5.5 TDD

LTE TDD testing is performed using the SAR test guidance provided in FCC KDB 941225 D05v02r04. TDD is tested at the highest duty factor using UL-DL configuration 0 with special subframe configuration 6 and applying the FDD LTE procedures in KDB 941225 D05v02r04. SAR testing is performed using the extended cyclic prefix listed in 3GPP TS 36.211 Section 4.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 16 of 64

REV 22.0
03/30/2022

7.6 SAR Testing with 802.11 Transmitters

The normal network operating configurations of 802.11 transmitters are not suitable for SAR measurements. Unpredictable fluctuations in network traffic and antenna diversity conditions can introduce undesirable variations in SAR results. The SAR for these devices should be measured using chipset-based test mode software to ensure the results are consistent and reliable. See KDB Publication 248227 D01v02r02 for more details.

7.6.1 General Device Setup

Chipset based test mode software is hardware dependent and generally varies among manufacturers. The device operating parameters established in test mode for SAR measurements must be identical to those programmed in production units, including output power levels, amplifier gain settings and other RF performance tuning parameters.

A periodic duty factor is required for current generation SAR systems to measure SAR. When 802.11 frame gaps are accounted for in the transmission, a maximum transmission duty factor of 92 - 96% is typically achievable in most test mode configurations. A minimum transmission duty factor of 85% is required to avoid certain hardware and device implementation issues related to wide range SAR scaling. The reported SAR is scaled to 100% transmission duty factor to determine compliance at the maximum tune-up tolerance limit.

7.6.2 U-NII-1 and U-NII-2A

For devices that operate in both U-NII-1 and U-NII-2A bands, when the same maximum output power is specified for both bands, SAR measurement using OFDM SAR test procedures is not required for U-NII-1 unless the highest reported SAR for U-NII-2A is > 1.2 W/kg. When different maximum output powers are specified for the bands, SAR measurement for the U-NII band with the lower maximum output power is not required unless the highest reported SAR for the U-NII band with the higher maximum output power, adjusted by the ratio of lower to higher specified maximum output power for the two bands, is > 1.2 W/kg. When 10g SAR measurement is considered, a factor of 2.5 is applied to the thresholds above.

7.6.3 U-NII-2C and U-NII-3

The frequency range covered by U-NII-2C and U-NII-3 is 380 MHz (5.47 – 5.85 GHz), which requires a minimum of at least two SAR probe calibration frequency points to support SAR measurements. When Terminal Doppler Weather Radar (TDWR) restriction applies, the channels at 5.60 – 5.65 GHz in U-NII-2C band must be disabled with acceptable mechanisms and documented in the equipment certification. Unless band gap channels are permanently disabled, SAR must be considered for these channels. Each band is tested independently according to the normally required OFDM SAR measurement and probe calibration frequency points requirements.

7.6.4 2.4 GHz SAR Test Requirements

SAR is measured for 2.4 GHz 802.11b DSSS using either the fixed test position or, when applicable, the initial test position procedure. SAR test reduction is determined according to the following:

- 1) When the reported SAR of the highest measured maximum output power channel for the exposure configuration is ≤ 0.8 W/kg, no further SAR testing is required for 802.11b DSSS in that exposure configuration.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 17 of 64

REV 22.0
03/30/2022

- 2) When the reported SAR is > 0.8 W/kg, SAR is required for that position using the next highest measured output power channel. When any reported SAR is > 1.2 W/kg, SAR is required for the third channel, i.e., all channels require testing.

2.4 GHz 802.11 g/n OFDM are additionally evaluated for SAR if the highest reported SAR for 802.11b, adjusted by the ratio of the OFDM to DSSS specified maximum output power, is > 1.2 W/kg. When SAR is required for OFDM modes in 2.4 GHz band, the Initial Test Configuration Procedures should be followed. When 10g SAR measurement is considered, a factor of 2.5 is applied to the thresholds above.

7.6.5 OFDM Transmission Mode and SAR Test Channel Selection

When the same maximum output power was specified for multiple OFDM transmission mode configurations in a frequency band or aggregated band, SAR is measured using the configuration with the largest channel bandwidth, lowest order modulation and lowest data rate. When the maximum output power of a channel is the same for equivalent OFDM configurations; for example, 802.11a, and 802.11n or 802.11g and 802.11n with the same channel bandwidth, modulation, and data rate etc., the lower order 802.11 mode i.e., 802.11a, then 802.11n or 802.11g then 802.11n, is used for SAR measurement. When the maximum output power are the same for multiple test channels, either according to the default or additional power measurement requirements, SAR is measured using the channel closest to the middle of the frequency band or aggregated band. When there are multiple channels with the same maximum output power, SAR is measured using the higher number channel.

7.6.6 Initial Test Configuration Procedure

For OFDM, an initial test configuration is determined for each frequency band and aggregated band, according to the transmission mode with the highest maximum output power specified for SAR measurements. When the same maximum output power is specified for multiple OFDM transmission mode configurations in a frequency band or aggregated band, SAR is measured using the configuration(s) with the largest channel bandwidth, lowest order modulation, lowest data rate and lowest order IEEE 802.11 mode. The channel of the transmission mode with the highest average RF output conducted power will be the initial test configuration.

When the reported SAR is ≤ 0.8 W/kg, no additional measurements on other test channels are required. Otherwise, SAR is evaluated using the subsequent highest average RF output channel until the reported SAR result is ≤ 1.2 W/kg or all channels are measured. When there are multiple untested channels having the same subsequent highest average RF output power, the channel with higher frequency from the lowest 802.11 mode is considered for SAR measurements (See Section 7.6.5). When 10g SAR measurement is considered, a factor of 2.5 is applied to the thresholds above.

7.6.7 Subsequent Test Configuration Procedures

For OFDM configurations in each frequency band and aggregated band, SAR is evaluated for initial test configuration using the fixed test position or the initial test position procedure. When the highest reported SAR (for the initial test configuration), adjusted by the ratio of the specified maximum output power of the subsequent test configuration to initial test configuration, is ≤ 1.2 W/kg, no additional SAR tests for the subsequent test configurations are required. When 10g SAR measurement is considered, a factor of 2.5 is applied to the thresholds above.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 18 of 64

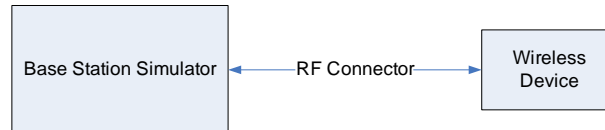
REV 22.0
03/30/2022

8 RF CONDUCTED POWERS

8.1 UMTS Conducted Powers

**Table 8-1
Maximum Conducted Powers**

3GPP Release Version	Mode	3GPP 34.121 Subtest	Cellular Band [dBm]			AWS Band [dBm]			PCS Band [dBm]			3GPP MPR [dB]
			4132	4183	4233	1312	1412	1513	9262	9400	9538	
99	WCDMA	12.2 kbps RMC	24.12	24.16	24.10	22.99	23.03	23.01	23.15	23.08	23.14	-
99		12.2 kbps AMR	23.70	23.45	23.72	23.30	23.15	23.10	23.01	23.05	23.02	-
6	HSDPA	Subtest 1	24.50	24.23	24.43	23.36	23.30	23.10	23.10	23.22	23.20	0
6		Subtest 2	23.48	23.20	23.40	22.23	22.37	22.05	22.27	22.29	22.22	0
6		Subtest 3	23.08	22.80	22.96	21.81	21.89	21.71	21.75	21.78	21.72	0.5
6		Subtest 4	22.82	22.51	22.68	21.57	21.63	21.65	21.55	21.56	21.53	0.5
6	HSUPA	Subtest 1	22.63	22.37	22.47	22.25	22.36	22.19	22.27	22.26	22.28	0
6		Subtest 2	21.43	21.12	21.27	20.02	20.08	19.90	20.02	20.04	19.99	2
6		Subtest 3	21.14	21.02	21.09	21.03	21.05	21.09	21.06	21.08	21.04	1
6		Subtest 4	21.62	21.32	21.50	20.31	20.40	20.20	20.33	20.34	20.27	2
6		Subtest 5	23.59	23.31	23.51	22.32	22.35	22.21	22.21	22.26	22.24	0
8	DC-HSDPA	Subtest 1	23.18	22.95	23.12	21.35	21.37	21.21	21.25	21.24	21.30	0
8		Subtest 2	22.09	22.05	22.13	20.34	20.23	20.18	20.22	20.26	20.23	0
8		Subtest 3	21.73	21.60	21.58	19.81	19.89	19.72	19.75	19.80	19.80	0.5
8		Subtest 4	21.59	21.52	21.55	19.62	19.63	19.65	19.70	19.64	19.72	0.5



**Figure 8-1
Power Measurement Setup**

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 19 of 64

REV 22.0
03/30/2022

8.2 LTE Conducted Powers

Per FCC KDB Publication 941225 D05v02r05, LTE SAR for the lower bandwidths was not required for testing since the maximum average output power of all required channels and configurations was not more than 0.5 dB higher than the highest bandwidth and the reported LTE SAR for the highest bandwidth was less than 1.45 W/kg. Lower bandwidth conducted powers for all LTE bands can be found in the LTE Lower Bandwidth RF Conducted Powers Appendix.

Some bands do not support non-overlapping channels. Per FCC Guidance, when a device supports overlapping channel assignment in a channel bandwidth configuration, the middle channel of the group of overlapping channels should be selected for testing.

8.2.1 LTE Band 12

**Table 8-2
LTE Band 12 Conducted Power – 10 MHz Bandwidth**

LTE Band 12 10 MHz Bandwidth					
Modulation	RB Size	RB Offset	Mid Channel	MPR Allowed per 3GPP [dB]	Design MPR [dB]
			23095 (707.5 MHz)		
			Conducted Power [dBm]		
QPSK	1	0	24.25	0	0
	1	25	24.11		0
	1	49	24.28		0
	25	0	23.26	0-1	1
	25	12	23.25		1
	25	25	23.41		1
	50	0	23.39	0-1	1
	15	0	23.27		1
	15	17	23.20		1
	15	35	23.35	0-2	1
	27	0	23.22		1
	27	12	23.21		1
27	23	23.31		1	
16QAM	1	0	23.80	0-2	1
	1	25	23.60		1
	1	49	23.54		1
	25	0	22.27	0-3	2
	25	12	22.21		2
	25	25	22.25		2
	15	0	22.28	0-5	2
	15	17	22.23		2
	15	35	22.23		2
	27	0	22.25		2
	27	12	22.19		2
	27	23	22.25		2

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 20 of 64

REV 22.0
03/30/2022

8.2.2

LTE Band 13

Table 8-3
 LTE Band 13 Conducted Power – 10 MHz Bandwidth

LTE Band 13 10 MHz Bandwidth					
Modulation	RB Size	RB Offset	Mid Channel	MPR Allowed per 3GPP [dB]	Design MPR [dB]
			23230 (782.0 MHz)		
			Conducted Power [dBm]		
QPSK	1	0	24.59	0	0
	1	25	24.45		0
	1	49	24.55		0
	25	0	23.66	0-1	1
	25	12	23.60		1
	25	25	23.63		1
	50	0	23.62	1	
	15	0	23.68	0-1	1
	15	17	23.61		1
	15	35	23.62		1
	27	0	23.67	0-2	1
	27	12	23.62		1
27	23	23.62	1		
16QAM	1	0	23.60	0-2	1
	1	25	23.67		1
	1	49	23.63		1
	25	0	22.42	0-3	2
	25	12	22.41		2
	25	25	22.43		2
	15	0	22.46	0-5	2
	15	17	22.37		2
	15	35	22.51		2
	27	0	22.44		2
	27	12	22.48		2
	27	23	22.45		2

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 21 of 64

8.2.3

LTE Band 14

Table 8-4
 LTE Band 14 Conducted Power – 10 MHz Bandwidth

LTE Band 14 10 MHz Bandwidth					
Modulation	RB Size	RB Offset	Mid Channel	MPR Allowed per 3GPP [dB]	Design MPR [dB]
			23330 (793.0 MHz) Conducted Power [dBm]		
QPSK	1	0	24.48	0	0
	1	25	24.47		0
	1	49	24.52		0
	25	0	23.45	0-1	1
	25	12	23.44		1
	25	25	23.58		1
	50	0	23.56	0-1	1
	15	0	23.38		1
	15	17	23.41		1
	15	35	23.53	0-2	1
	27	0	23.44		1
	27	12	23.51		1
27	23	23.54		1	
16QAM	1	0	23.80	0-2	1
	1	25	23.88		1
	1	49	23.78		1
	25	0	22.31	0-3	2
	25	12	22.29		2
	25	25	22.29		2
	15	0	22.25	0-5	2
	15	17	22.31		2
	15	35	22.25		2
	27	0	22.29		2
	27	12	22.26		2
	27	23	22.28		2

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 22 of 64

REV 22.0
03/30/2022

8.2.4

LTE Band 26

Table 8-5
LTE Band 26 Conducted Power – 10 MHz Bandwidth

LTE Band 26 (Cell) 10 MHz Bandwidth								
Modulation	RB Size	RB Offset	Low Channel	Mid Channel	High Channel	MPR Allowed per 3GPP [dB]	Design MPR [dB]	
			26740 (819.0 MHz)	26865 (831.5 MHz)	26990 (844.0 MHz)			
Conducted Power [dBm]								
QPSK	1	0	25.12	25.11	24.92	0	0	
	1	25	25.09	24.97	25.09		0	
	1	49	25.13	24.91	24.82		0	
	25	0	24.10	24.18	24.16	0-1	1	
	25	12	24.06	24.12	24.18		1	
	25	25	24.19	24.04	24.08		1	
	50	0	24.18	24.14	24.15	0-1	1	
	15	0	24.07	24.22	24.14		1	
	15	17	24.03	24.12	24.21		1	
	15	35	24.12	24.03	24.11	0-2	1	
	27	0	24.13	24.19	24.18		1	
	27	12	24.11	24.06	24.16		1	
	27	23	24.14	24.01	24.12	0-2	1	
	1	0	24.19	24.15	23.90		1	
1	25	24.15	24.14	23.87	1			
16QAM	1	49	24.18	24.10	23.88	0-2	1	
	25	0	22.71	22.65	22.70		0-3	2
	25	12	22.69	22.68	22.68			2
	25	25	22.77	22.65	22.65	0-5		2
	15	0	22.77	22.67	22.62		2	
	15	17	22.69	22.76	22.70		2	
	15	35	22.81	22.81	22.68	0-5	2	
	27	0	22.71	22.71	22.73		2	
	27	12	22.77	22.70	22.74		2	
	27	23	22.78	22.68	22.68	2		

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 23 of 64

REV 22.0
03/30/2022

8.2.5

LTE Band 5

Table 8-6
LTE Band 5 Conducted Power – 10 MHz Bandwidth

LTE Band 5 (Cell) 10 MHz Bandwidth					
Modulation	RB Size	RB Offset	Mid Channel	MPR Allowed per 3GPP [dB]	MPR [dB]
			20525 (836.5 MHz)		
			Conducted Power [dBm]		
QPSK	1	0	24.92	0	0
	1	25	24.79		0
	1	49	24.99		0
	25	0	23.99	0-1	1
	25	12	23.91		1
	25	25	23.98		1
	50	0	23.97	0-1	1
	15	0	23.98		1
	15	17	23.92		1
	15	35	23.98	0-2	1
	27	0	23.99		1
	27	12	23.93		1
27	23	23.96		1	
16QAM	1	0	24.06	0-2	1
	1	25	23.94		1
	1	49	23.91		1
	25	0	22.73	0-3	2
	25	12	22.71		2
	25	25	22.73		2
	15	0	22.68	0-5	2
	15	17	22.69		2
	15	35	22.73		2
	27	0	22.72		2
	27	12	22.69		2
	27	23	22.73		2

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 24 of 64

REV 22.0
03/30/2022

8.2.6

LTE Band 66

Table 8-7
LTE Band 66 Conducted Power – 20 MHz Bandwidth

LTE Band 66 (AWS) 20 MHz Bandwidth							
Modulation	RB Size	RB Offset	Low Channel	Mid Channel	High Channel	MPR Allowed per 3GPP [dB]	Design MPR [dB]
			132072 (1720.0 MHz)	132322 (1745.0 MHz)	132572 (1770.0 MHz)		
			Conducted Power [dBm]				
QPSK	1	0	23.41	23.43	23.15	0	0
	1	50	23.39	23.42	23.22		0
	1	99	23.38	23.48	23.23		0
	50	0	22.73	22.74	22.71	0-1	1
	50	25	22.67	22.70	22.73		1
	50	50	22.72	22.69	22.60		1
	100	0	22.70	22.71	22.73	0-1	1
	15	0	22.96	23.23	22.87		0
	15	42	22.97	23.26	22.91		0
	15	85	23.01	23.22	23.00	0-2	0
	27	0	22.61	22.71	22.40		1
	27	37	22.57	22.77	22.51		1
27	73	22.44	22.72	22.41	0-2	1	
1	0	22.82	23.11	22.84		1	
1	50	22.73	22.96	22.83		0-2	1
1	99	22.67	22.85	22.69	1		
15	0	22.63	22.71	22.62	0-3		1
15	42	22.54	22.69	22.65		1	
15	85	22.44	22.55	22.51		1	
16QAM	27	0	21.65	21.82	21.75	0-5	2
	27	37	21.85	21.81	21.85		2
	27	73	21.74	21.75	21.73		2

8.2.7

LTE Band 25

Table 8-8
LTE Band 25 Conducted Power – 20 MHz Bandwidth

LTE Band 25 (PCS) 20 MHz Bandwidth							
Modulation	RB Size	RB Offset	Low Channel	Mid Channel	High Channel	MPR Allowed per 3GPP [dB]	Design MPR [dB]
			26140 (1860.0 MHz)	26365 (1882.5 MHz)	26590 (1905.0 MHz)		
			Conducted Power [dBm]				
QPSK	1	0	23.18	23.18	23.42	0	0
	1	50	23.24	23.24	23.48		0
	1	99	23.33	23.27	23.39		0
	50	0	22.20	22.38	22.38	0-1	1
	50	25	22.30	22.42	22.47		1
	50	50	22.36	22.48	22.82		1
	100	0	22.35	22.47	22.79	0-1	1
	15	0	23.19	23.33	23.40		0
	15	42	23.33	23.38	23.41		0
	15	85	23.44	23.42	23.46	0-2	0
	27	0	22.18	22.32	22.43		1
	27	37	22.33	22.35	22.46		1
27	73	22.38	22.37	22.48	0-2	1	
1	0	22.76	22.75	23.12		0-2	1
1	50	22.56	22.69	23.07			1
1	99	22.83	22.91	23.01	1		
16QAM	15	0	22.66	22.62	22.66	0-3	1
	15	42	22.55	22.48	22.59		1
	15	85	22.67	22.55	22.57		1
	27	0	21.54	21.52	21.66	0-5	2
	27	37	21.48	21.48	21.62		2
	27	73	21.56	21.50	21.56		2

FCC ID: BCG-A2984	SAR EVALUATION REPORT		Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 25 of 64	

REV 22.0
03/30/2022

8.2.8

LTE Band 7

Table 8-9
LTE Band 7 Conducted Power – 20 MHz Bandwidth

LTE Band 7 20 MHz Bandwidth							
Modulation	RB Size	RB Offset	Low Channel	Mid Channel	High Channel	MPR Allowed per 3GPP [dB]	Design MPR [dB]
			20850 (2510.0 MHz)	21100 (2535.0 MHz)	21350 (2560.0 MHz)		
Conducted Power [dBm]							
QPSK	1	0	22.95	22.92	22.97	0	0
	1	50	22.74	22.82	22.92		0
	1	99	22.92	22.87	22.93		0
	50	0	21.77	21.98	22.06	0-1	1
	50	25	21.81	21.88	21.96		1
	50	50	21.99	21.85	21.90		1
	100	0	21.95	21.99	21.98	0-1	1
	15	0	22.90	23.08	23.09		0
	15	42	22.84	22.88	22.99		0
	15	85	22.91	22.89	23.00	0-2	0
	27	0	21.81	22.08	22.06		1
	27	37	21.82	21.91	21.98		1
16QAM	27	73	22.01	21.87	21.95	0-2	1
	1	0	22.17	22.48	22.80		1
	1	50	22.31	22.37	22.82		1
	1	99	22.62	22.41	22.87	0-3	1
	15	0	21.70	21.98	22.33		1
	15	42	21.84	21.91	22.26		1
	15	85	22.14	21.87	22.33	0-5	1
	27	0	20.82	21.74	21.59		2
	27	37	20.73	21.55	21.21		2
27	73	21.02	21.40	21.51		2	

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 26 of 64

REV 22.0
03/30/2022

8.2.9

LTE Band 41

Table 8-10
LTE Band 41 Conducted Power – 20 MHz Bandwidth

LTE Band 41 20 MHz Bandwidth											
Modulation	RB Size	RB Offset	Low Channel	Low-Mid Channel	Mid Channel	Mid-High Channel	High Channel	MPR Allowed per 3GPP [dB]	Design MPR [dB]		
			39750 (2506.0 MHz)	40185 (2549.5 MHz)	40620 (2593.0 MHz)	41055 (2636.5 MHz)	41490 (2680.0 MHz)				
Conducted Power [dBm]											
QPSK	1	0	22.64	23.02	22.91	22.74	22.43	0	0		
	1	50	22.77	22.95	22.98	22.69	22.45		0		
	1	99	22.99	22.83	22.85	22.55	22.48		0		
	QPSK	50	0	21.56	21.91	21.86	21.72	21.34	0-1	1	
		50	25	21.64	21.85	21.88	21.63	21.36		1	
		50	50	21.75	21.81	21.82	21.57	21.39		1	
		QPSK	100	0	21.78	21.87	21.86	21.63	21.45	0-1	1
			15	0	22.51	22.98	22.90	22.72	22.39		0
			15	42	22.64	22.90	22.95	22.63	22.42	0-1	0
			15	85	22.83	22.82	22.86	22.54	22.45		0
			27	0	21.47	21.96	21.84	21.66	21.35	0-2	1
			27	37	21.61	21.86	21.88	21.58	21.39		1
27			73	21.75	21.77	21.78	21.49	21.41	1		
16QAM	1		0	21.85	21.89	22.07	21.89	21.65	0-2	1	
	1	50	22.00	21.98	22.08	21.89	21.55	1			
	1	99	21.79	21.96	21.92	21.79	21.44	1			
	16QAM	15	0	21.80	22.04	21.99	21.83	21.70	0-3	1	
		15	42	21.75	21.95	21.96	21.72	21.59		1	
		15	85	21.82	21.97	21.93	21.69	21.53		1	
		16QAM	27	0	20.78	21.02	20.96	20.78	20.62	0-5	2
			27	37	20.73	20.90	20.92	20.76	20.57		2
			27	73	20.74	20.94	20.89	20.70	20.51		2



Figure 8-2
Power Measurement Setup

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 27 of 64

REV 22.0
03/30/2022

8.3 WLAN Conducted Powers

Table 8-11
2.4 GHz WLAN Maximum Average RF Power

2.4GHz Conducted Power [dBm]				
Freq [MHz]	Channel	IEEE Transmission Mode		
		802.11b	802.11g	802.11n
		Average	Average	Average
2412	1	18.18	15.05	15.06
2417	2		17.06	16.90
2422	3		17.38	17.45
2437	6	18.17	17.39	17.39
2452	9		17.49	17.46
2457	10		16.87	16.94
2462	11	18.20	12.96	12.97

Table 8-12
5 GHz WLAN Maximum Average RF Power

5GHz (20MHz) Conducted Power [dBm]			
Freq [MHz]	Channel	IEEE Transmission Mode	
		802.11a	802.11n
		Average	Average
5180	36	16.45	16.66
5200	40	16.37	16.32
5220	44	16.33	16.18
5240	48	16.23	15.98
5260	52	16.25	15.76
5280	56	16.22	15.83
5300	60	16.22	15.96
5320	64	16.46	16.01
5500	100	16.31	16.30
5600	120	16.43	16.44
5620	124	16.20	16.02
5720	144	15.97	15.76
5745	149	16.00	16.08
5785	157	16.05	16.05
5825	165	15.94	15.80

Justification for test configurations for WLAN per KDB Publication 248227 D01v02r02:

- Power measurements were performed for the transmission mode configuration with the highest maximum output power specified for production units.
- For transmission modes with the same maximum output power specification, powers were measured for the largest channel bandwidth, lowest order modulation and lowest data rate.
- For transmission modes with identical maximum specified output power, channel bandwidth, modulation and data rates, power measurements were required for all identical configurations.

FCC ID: BCG-A2984	SAR EVALUATION REPORT		Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 28 of 64	

REV 22.0
03/30/2022

- For each transmission mode configuration, powers were measured for the highest and lowest channels; and at the mid-band channel(s) when there were at least 3 channels supported. For configurations with multiple mid-band channels, due to an even number of channels, both channels were measured.

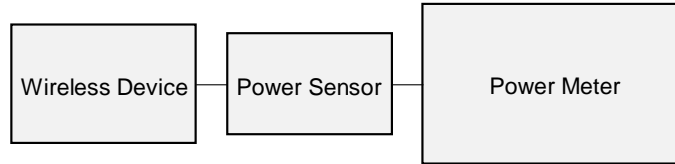


Figure 8-3
Power Measurement Setup

8.4 Bluetooth Conducted Powers

Table 8-13
Bluetooth Average RF Power

Frequency [MHz]	Modulation	Data Rate [Mbps]	Channel No.	Avg Conducted Power	
				[dBm]	[mW]
2402	GFSK	1.0	0	16.00	39.811
2441	GFSK	1.0	39	16.31	42.756
2480	GFSK	1.0	78	15.90	38.905

Note: Bluetooth was evaluated with a test mode with 100% transmission duty factor.

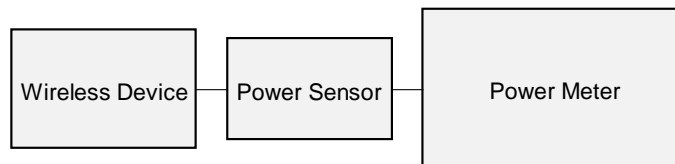


Figure 8-4
Power Measurement Setup

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 29 of 64

REV 22.0
03/30/2022

8.5 802.15.4 ab-NB Conducted Powers

Table 8-14
802.15.4 ab-NB Average RF Power

Band	Frequency	Channel	Average
802.15.4 ab-NB	5728.75	Low	15.8
	5786.25	Middle	15.7
	5846.25	High	15.79

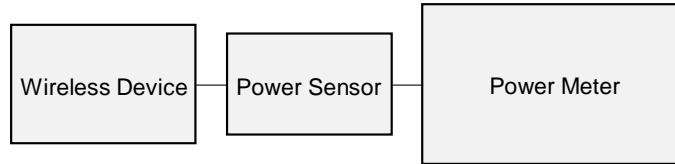


Figure 8-5
Power Measurement Setup

8.6 802.15.4 ab-NB Duty Cycle

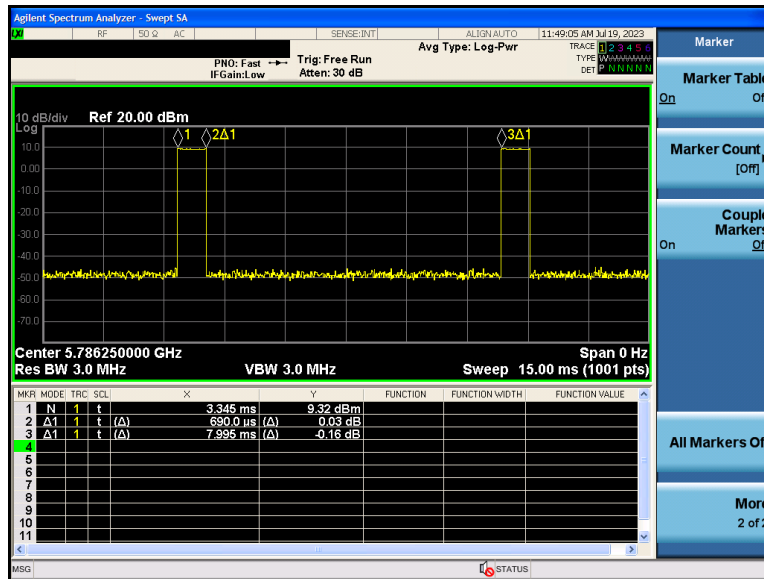


Figure 8-6
802.15.4 ab-NB Transmission Plot

Equation 8-1
802.15.4 ab-NB Duty Cycle Calculation

$$\text{Duty Cycle} = \frac{\text{Pulse Width}}{\text{Period}} * 100\% = \frac{0.690}{7.995} * 100\% = 8.6\%$$

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 30 of 64

REV 22.0
03/30/2022

9 SYSTEM VERIFICATION

9.1 Tissue Verification

**Table 9-1
Measured Head Tissue Properties**

Calibrated for Tests Performed on:	Tissue Type	Tissue Temp During Calibration (°C)	Measured Frequency (MHz)	Measured Conductivity, σ (S/m)	Measured Dielectric Constant, ϵ	TARGET Conductivity, σ (S/m)	TARGET Dielectric Constant, ϵ	% dev σ	% dev ϵ
06/06/2023	750 Head	19.9	680	0.867	41.897	0.888	42.305	-2.36%	-0.96%
			695	0.872	41.843	0.889	42.227	-1.91%	-0.91%
			700	0.873	41.827	0.889	42.201	-1.80%	-0.89%
			710	0.876	41.799	0.890	42.149	-1.57%	-0.83%
			725	0.881	41.748	0.891	42.071	-1.12%	-0.77%
			750	0.890	41.643	0.894	41.942	-0.45%	-0.71%
			770	0.897	41.563	0.895	41.838	0.22%	-0.66%
			785	0.903	41.518	0.896	41.760	0.78%	-0.58%
			800	0.908	41.474	0.897	41.682	1.23%	-0.50%
			880	0.878	41.435	0.888	42.305	-1.13%	-2.06%
06/08/2023	750 Head	20.9	680	0.883	41.390	0.889	42.227	-0.67%	-1.98%
			700	0.885	41.373	0.889	42.201	-0.45%	-1.96%
			710	0.888	41.335	0.890	42.149	-0.22%	-1.93%
			725	0.894	41.278	0.891	42.071	0.34%	-1.88%
			750	0.902	41.197	0.894	41.942	0.89%	-1.78%
			770	0.909	41.145	0.895	41.838	1.56%	-1.66%
			785	0.914	41.093	0.896	41.760	2.01%	-1.60%
			800	0.919	41.038	0.897	41.682	2.45%	-1.55%
			680	0.852	40.966	0.888	42.305	-4.05%	-3.17%
			695	0.857	40.928	0.889	42.227	-3.60%	-3.08%
06/16/2023	750 Head	23.0	700	0.858	40.913	0.889	42.201	-3.49%	-3.05%
			710	0.861	40.885	0.890	42.149	-3.26%	-3.00%
			725	0.867	40.837	0.891	42.071	-2.69%	-2.93%
			750	0.875	40.764	0.894	41.942	-2.13%	-2.81%
			770	0.881	40.711	0.895	41.838	-1.56%	-2.69%
			785	0.886	40.661	0.896	41.760	-1.12%	-2.63%
			800	0.891	40.609	0.897	41.682	-0.67%	-2.57%
			680	0.846	43.080	0.888	42.305	-4.73%	1.83%
			695	0.850	43.015	0.889	42.227	-4.39%	1.87%
			700	0.852	42.995	0.889	42.201	-4.16%	1.88%
06/19/2023	750 Head	20.4	710	0.855	42.956	0.890	42.149	-3.93%	1.91%
			725	0.860	42.898	0.891	42.071	-3.48%	1.97%
			750	0.868	42.805	0.894	41.942	-2.91%	2.06%
			770	0.874	42.737	0.895	41.838	-2.35%	2.15%
			785	0.879	42.690	0.896	41.760	-1.90%	2.23%
			800	0.884	42.648	0.897	41.682	-1.45%	2.32%
			815	0.922	40.920	0.898	41.594	2.67%	-1.62%
			820	0.924	40.912	0.899	41.578	2.78%	-1.60%
			835	0.930	40.888	0.900	41.500	3.33%	-1.47%
			850	0.935	40.854	0.916	41.500	2.07%	-1.56%
06/14/2023	835 Head	20.3	815	0.916	40.196	0.898	41.594	2.00%	-3.36%
			820	0.918	40.179	0.899	41.578	2.11%	-3.36%
			835	0.923	40.130	0.900	41.500	2.56%	-3.30%
			850	0.929	40.087	0.916	41.500	1.42%	-3.40%
06/26/2023	835 Head	21.6	815	0.901	40.160	0.898	41.594	0.33%	-3.45%
			820	0.903	40.149	0.899	41.578	0.44%	-3.44%
			835	0.908	40.118	0.900	41.500	0.89%	-3.33%
			850	0.913	40.087	0.916	41.500	-0.33%	-3.40%
06/28/2023	835 Head	20.2	815	0.928	40.333	0.898	41.594	3.34%	-3.03%
			820	0.930	40.320	0.899	41.578	3.45%	-3.03%
			835	0.936	40.282	0.900	41.500	4.00%	-2.93%
			850	0.941	40.244	0.916	41.500	2.73%	-3.03%
06/28/2023	835 Head	22.0	815	0.889	40.664	0.898	41.594	-1.00%	-2.24%
			820	0.891	40.650	0.899	41.578	-0.89%	-2.23%
			835	0.896	40.607	0.900	41.500	-0.44%	-2.15%
			850	0.902	40.561	0.916	41.500	-1.53%	-2.26%
06/06/2023	1750 Head	20.4	1710	1.378	38.806	1.348	40.142	2.23%	-3.33%
			1720	1.388	38.751	1.354	40.126	2.51%	-3.43%
			1745	1.414	38.624	1.368	40.087	3.36%	-3.65%
			1750	1.419	38.598	1.371	40.079	3.50%	-3.70%
			1770	1.439	38.490	1.383	40.047	4.05%	-3.89%
			1790	1.459	38.383	1.394	40.016	4.66%	-4.08%
06/08/2023	1750 Head	22.0	1710	1.322	39.226	1.348	40.142	-1.93%	-2.28%
			1720	1.331	39.176	1.354	40.126	-1.70%	-2.37%
			1745	1.356	39.059	1.368	40.087	-0.88%	-2.56%
			1750	1.362	39.037	1.371	40.079	-0.66%	-2.60%
			1770	1.385	38.951	1.383	40.047	0.14%	-2.74%
			1790	1.405	38.864	1.394	40.016	0.79%	-2.88%
06/12/2023	1750 Head	20.5	1710	1.372	38.782	1.348	40.142	1.78%	-3.39%
			1720	1.382	38.729	1.354	40.126	2.07%	-3.48%
			1745	1.408	38.610	1.368	40.087	2.92%	-3.68%
			1750	1.413	38.588	1.371	40.079	3.06%	-3.72%
			1770	1.434	38.497	1.383	40.047	3.69%	-3.87%
			1790	1.456	38.400	1.394	40.016	4.45%	-4.04%

FCC ID: BCG-A2984	SAR EVALUATION REPORT		Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 31 of 64	

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

Calibrated for Tests Performed on:	Tissue Type	Tissue Temp During Calibration (°C)	Measured Frequency (MHz)	Measured Conductivity, σ (S/m)	Measured Dielectric Constant, ϵ	TARGET Conductivity, σ (S/m)	TARGET Dielectric Constant, ϵ	% dev σ	% dev ϵ
06/14/2023	1750 Head	20.2	1710	1.365	38.844	1.348	40.142	1.26%	-3.23%
			1720	1.375	38.796	1.354	40.126	1.55%	-3.31%
			1745	1.401	38.679	1.368	40.087	2.41%	-3.51%
			1750	1.406	38.658	1.371	40.079	2.55%	-3.55%
			1770	1.426	38.563	1.383	40.047	3.11%	-3.71%
			1790	1.446	38.465	1.394	40.016	3.73%	-3.88%
06/06/2023	1900 Head	20.5	1850	1.368	40.225	1.400	40.000	-2.29%	0.56%
			1860	1.375	40.210	1.400	40.000	-1.79%	0.53%
			1880	1.387	40.183	1.400	40.000	-0.93%	0.46%
			1900	1.399	40.147	1.400	40.000	-0.07%	0.37%
			1905	1.401	40.137	1.400	40.000	0.07%	0.34%
			1910	1.405	40.127	1.400	40.000	0.36%	0.32%
06/09/2023	1900 Head	20.7	1920	1.411	40.107	1.400	40.000	0.79%	0.27%
			1850	1.355	40.515	1.400	40.000	-3.21%	1.29%
			1860	1.361	40.502	1.400	40.000	-2.79%	1.26%
			1880	1.372	40.481	1.400	40.000	-2.00%	1.20%
			1900	1.384	40.459	1.400	40.000	-1.14%	1.15%
			1905	1.387	40.455	1.400	40.000	-0.93%	1.14%
06/12/2023	1900 Head	20.2	1910	1.390	40.450	1.400	40.000	-0.71%	1.13%
			1920	1.397	40.441	1.400	40.000	-0.21%	1.10%
			1850	1.359	40.654	1.400	40.000	-2.21%	1.64%
			1860	1.375	40.632	1.400	40.000	-1.79%	1.58%
			1880	1.387	40.581	1.400	40.000	-0.93%	1.45%
			1900	1.399	40.534	1.400	40.000	-0.07%	1.34%
06/19/2023	2450 Head	19.7	1905	1.403	40.526	1.400	40.000	0.21%	1.32%
			1910	1.406	40.517	1.400	40.000	0.43%	1.29%
			1920	1.412	40.506	1.400	40.000	0.86%	1.27%
			2300	1.656	39.505	1.670	39.500	-0.84%	0.01%
			2310	1.664	39.495	1.679	39.480	-0.89%	0.04%
			2320	1.671	39.485	1.687	39.460	-0.95%	0.06%
			2400	1.733	39.358	1.756	39.289	-1.31%	0.18%
			2450	1.769	39.283	1.800	39.200	-1.72%	0.21%
			2480	1.794	39.233	1.833	39.162	-2.13%	0.18%
			2500	1.809	39.206	1.855	39.136	-2.48%	0.18%
			2510	1.816	39.193	1.866	39.123	-2.68%	0.18%
			2535	1.835	39.153	1.893	39.092	-3.06%	0.16%
			2550	1.848	39.121	1.909	39.073	-3.20%	0.12%
			2560	1.856	39.105	1.920	39.060	-3.33%	0.12%
06/21/2023	2450 Head	20.6	2600	1.889	39.040	1.964	39.009	-3.62%	0.08%
			2650	1.927	38.955	2.018	38.945	-4.51%	0.03%
			2680	1.951	38.902	2.051	38.907	-4.88%	-0.01%
			2300	1.686	39.181	1.670	39.500	0.96%	-0.81%
			2310	1.694	39.176	1.679	39.480	0.89%	-0.77%
			2320	1.700	39.168	1.687	39.460	0.77%	-0.74%
			2400	1.766	39.041	1.756	39.289	0.57%	-0.63%
			2450	1.803	38.941	1.800	39.200	0.17%	-0.66%
			2480	1.831	38.891	1.833	39.162	-0.11%	-0.69%
			2500	1.846	38.873	1.855	39.136	-0.49%	-0.67%
			2510	1.853	38.857	1.866	39.123	-0.70%	-0.68%
			2535	1.871	38.794	1.893	39.092	-1.16%	-0.76%
			2550	1.885	38.756	1.909	39.073	-1.26%	-0.81%
			2560	1.895	38.737	1.920	39.060	-1.30%	-0.83%
06/22/2023	2450 Head	20.8	2600	1.928	38.697	1.964	39.009	-1.83%	-0.83%
			2650	1.969	38.563	2.018	38.945	-2.43%	-0.98%
			2680	1.995	38.522	2.051	38.907	-2.73%	-0.99%
			2700	2.010	38.491	2.073	38.882	-3.04%	-1.01%
			2300	1.705	39.390	1.670	39.500	2.10%	-0.28%
			2310	1.713	39.383	1.679	39.480	2.03%	-0.25%
			2320	1.720	39.378	1.687	39.460	1.96%	-0.21%
			2400	1.784	39.263	1.756	39.289	1.59%	-0.07%
			2450	1.820	39.172	1.800	39.200	1.11%	-0.07%
			2480	1.847	39.128	1.833	39.162	0.76%	-0.09%
			2500	1.863	39.109	1.855	39.136	0.43%	-0.07%
			2510	1.870	39.094	1.866	39.123	0.21%	-0.07%
			2535	1.888	39.037	1.893	39.092	-0.26%	-0.14%
			2550	1.901	39.000	1.909	39.073	-0.42%	-0.19%
2560	1.910	38.983	1.920	39.060	-0.52%	-0.20%			
2600	1.942	38.936	1.964	39.009	-1.12%	-0.19%			
2650	1.982	38.830	2.018	38.945	-1.78%	-0.30%			
2680	2.007	38.788	2.051	38.907	-2.15%	-0.31%			
2700	2.022	38.758	2.073	38.882	-2.46%	-0.32%			

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 32 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

Calibrated for Tests Performed on:	Tissue Type	Tissue Temp During Calibration (°C)	Measured Frequency (MHz)	Measured Conductivity, σ (S/m)	Measured Dielectric Constant, ϵ	TARGET Conductivity, σ (S/m)	TARGET Dielectric Constant, ϵ	% dev σ	% dev ϵ			
06/26/2023	2450 Head	24.9	2300	1.693	39.837	1.670	39.500	1.38%	0.85%			
			2310	1.705	39.805	1.679	39.480	1.55%	0.82%			
			2320	1.716	39.770	1.687	39.460	1.72%	0.79%			
			2400	1.811	39.427	1.756	39.289	3.13%	0.35%			
			2450	1.865	39.205	1.800	39.200	3.61%	0.01%			
			2480	1.903	39.083	1.833	39.162	3.82%	-0.20%			
			2500	1.926	39.020	1.855	39.136	3.83%	-0.30%			
			2510	1.937	38.984	1.866	39.123	3.80%	-0.36%			
			2535	1.964	38.867	1.893	39.092	3.75%	-0.58%			
			2550	1.982	38.794	1.909	39.073	3.82%	-0.71%			
			2560	1.995	38.752	1.920	39.060	3.91%	-0.79%			
			2600	2.042	38.611	1.964	39.009	3.97%	-1.02%			
			2650	2.101	38.391	2.018	38.945	4.11%	-1.42%			
			2680	2.138	38.279	2.051	38.907	4.24%	-1.61%			
			2700	2.160	38.199	2.073	38.882	4.20%	-1.76%			
			06/26/2023	2450 Head	19.2	2300	1.645	40.309	1.670	39.500	-1.50%	2.05%
2310	1.652	40.299				1.679	39.480	-1.61%	2.07%			
2320	1.660	40.288				1.687	39.460	-1.63%	2.10%			
2400	1.722	40.158				1.756	39.289	-1.94%	2.21%			
2450	1.760	40.080				1.800	39.200	-2.22%	2.24%			
2480	1.786	40.030				1.833	39.162	-2.56%	2.22%			
2500	1.802	40.006				1.855	39.136	-2.86%	2.22%			
2510	1.810	39.992				1.866	39.123	-3.00%	2.22%			
2535	1.830	39.937				1.893	39.092	-3.33%	2.16%			
2550	1.843	39.904				1.909	39.073	-3.46%	2.13%			
2560	1.852	39.888				1.920	39.060	-3.54%	2.12%			
2600	1.884	39.833				1.964	39.009	-4.07%	2.11%			
2650	1.925	39.739				2.018	38.945	-4.61%	2.04%			
2680	1.950	39.695				2.051	38.907	-4.92%	2.03%			
2700	1.957	40.747				1.670	39.500	-0.78%	3.16%			
06/30/2023	2450 Head	19.9				2310	1.666	40.736	1.679	39.480	-0.77%	3.18%
			2320	1.673	40.732	1.687	39.460	-0.83%	3.22%			
			2400	1.733	40.616	1.756	39.289	-1.31%	3.38%			
			2450	1.773	40.571	1.800	39.200	-1.50%	3.50%			
			2480	1.797	40.507	1.833	39.162	-1.96%	3.43%			
			2500	1.814	40.484	1.855	39.136	-2.21%	3.44%			
			2510	1.822	40.476	1.866	39.123	-2.36%	3.46%			
			2535	1.841	40.446	1.893	39.092	-2.75%	3.46%			
			2550	1.851	40.423	1.909	39.073	-3.04%	3.46%			
			2560	1.859	40.405	1.920	39.060	-3.18%	3.44%			
			2600	1.893	40.340	1.964	39.009	-3.62%	3.41%			
			2650	1.931	40.282	2.018	38.945	-4.31%	3.43%			
			2680	1.958	40.210	2.051	38.907	-4.53%	3.35%			
			2700	1.975	40.177	2.073	38.882	-4.73%	3.33%			
			07/19/2023	2450 Head	19.0	2300	1.654	40.814	1.670	39.500	-0.96%	3.33%
						2310	1.661	40.801	1.679	39.480	-1.07%	3.35%
2320	1.669	40.789				1.687	39.460	-1.07%	3.37%			
2400	1.733	40.657				1.756	39.289	-1.31%	3.48%			
2450	1.771	40.586				1.800	39.200	-1.61%	3.48%			
2480	1.797	40.515				1.833	39.162	-1.96%	3.45%			
2500	1.812	40.492				1.855	39.136	-2.32%	3.46%			
2510	1.819	40.478				1.866	39.123	-2.52%	3.46%			
2535	1.839	40.429				1.893	39.092	-2.85%	3.42%			
2550	1.851	40.400				1.909	39.073	-3.04%	3.40%			
2560	1.861	40.385				1.920	39.060	-3.07%	3.39%			
2600	1.892	40.336				1.964	39.009	-3.67%	3.40%			
2650	1.934	40.240				2.018	38.945	-4.16%	3.33%			
2680	1.961	40.196				2.051	38.907	-4.39%	3.31%			
2700	1.970	40.183				2.073	38.882	-4.97%	3.86%			
07/24/2023	2450 Head	19.0				2300	1.647	41.005	1.670	39.500	-1.38%	3.81%
			2310	1.654	41.004	1.679	39.480	-1.49%	3.86%			
			2320	1.660	40.995	1.687	39.460	-1.60%	3.89%			
			2400	1.727	40.875	1.756	39.289	-1.65%	4.04%			
			2450	1.762	40.768	1.800	39.200	-2.11%	4.00%			
			2480	1.792	40.739	1.833	39.162	-2.24%	4.03%			
			2500	1.806	40.721	1.855	39.136	-2.64%	4.05%			
			2510	1.812	40.702	1.866	39.123	-2.89%	4.04%			
			2535	1.830	40.632	1.893	39.092	-3.33%	3.94%			
			2550	1.846	40.598	1.909	39.073	-3.30%	3.90%			
			2560	1.857	40.587	1.920	39.060	-3.28%	3.91%			
			2600	1.888	40.556	1.964	39.009	-3.87%	3.97%			
			2650	1.931	40.429	2.018	38.945	-4.31%	3.81%			
			2680	1.957	40.407	2.051	38.907	-4.58%	3.86%			
			2700	1.970	40.383	2.073	38.882	-4.97%	3.86%			

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 33 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

Calibrated for Tests Performed on:	Tissue Type	Tissue Temp During Calibration (°C)	Measured Frequency (MHz)	Measured Conductivity, σ (S/m)	Measured Dielectric Constant, ϵ	TARGET Conductivity, σ (S/m)	TARGET Dielectric Constant, ϵ	% dev σ	% dev ϵ
06/08/2023	5200-5800 Head	20.8	5180	4.658	36.832	4.635	36.009	0.50%	2.29%
			5190	4.668	36.823	4.645	35.998	0.50%	2.29%
			5200	4.675	36.809	4.655	35.986	0.43%	2.29%
			5210	4.684	36.788	4.666	35.975	0.39%	2.26%
			5220	4.694	36.752	4.676	35.963	0.38%	2.19%
			5240	4.719	36.692	4.696	35.940	0.49%	2.09%
			5250	4.734	36.680	4.706	35.929	0.59%	2.09%
			5260	4.748	36.675	4.717	35.917	0.66%	2.11%
			5270	4.757	36.663	4.727	35.906	0.63%	2.11%
			5280	4.764	36.650	4.737	35.894	0.57%	2.11%
			5290	4.776	36.630	4.748	35.883	0.59%	2.08%
			5300	4.787	36.602	4.758	35.871	0.61%	2.04%
			5310	4.799	36.575	4.768	35.860	0.65%	1.96%
			5320	4.811	36.553	4.778	35.849	0.69%	1.96%
			5500	5.022	36.239	4.963	35.643	1.19%	1.67%
			5510	5.033	36.212	4.973	35.632	1.21%	1.63%
			5520	5.046	36.196	4.983	35.620	1.26%	1.62%
			5530	5.059	36.179	4.994	35.609	1.30%	1.60%
			5540	5.073	36.156	5.004	35.597	1.36%	1.57%
			5550	5.087	36.138	5.014	35.586	1.46%	1.55%
			5560	5.101	36.122	5.024	35.574	1.53%	1.54%
			5580	5.120	36.108	5.045	35.551	1.49%	1.57%
			5600	5.139	36.059	5.065	35.529	1.46%	1.49%
			5610	5.153	36.034	5.076	35.518	1.52%	1.45%
			5620	5.168	36.016	5.086	35.506	1.61%	1.44%
			5640	5.193	35.988	5.106	35.483	1.70%	1.42%
			5660	5.215	35.969	5.127	35.460	1.72%	1.44%
			5670	5.226	35.950	5.137	35.449	1.73%	1.41%
			5680	5.234	35.930	5.147	35.437	1.69%	1.39%
			5690	5.242	35.907	5.158	35.426	1.63%	1.36%
			5700	5.253	35.879	5.168	35.414	1.64%	1.31%
			5710	5.268	35.853	5.178	35.403	1.74%	1.27%
			5720	5.284	35.833	5.188	35.391	1.85%	1.25%
			5745	5.317	35.798	5.214	35.363	1.96%	1.23%
			5750	5.322	35.793	5.219	35.357	1.97%	1.23%
			5755	5.326	35.787	5.224	35.351	1.95%	1.23%
			5765	5.333	35.772	5.234	35.340	1.89%	1.22%
			5775	5.342	35.748	5.245	35.329	1.85%	1.19%
			5785	5.354	35.720	5.255	35.317	1.88%	1.14%
			5795	5.366	35.689	5.265	35.305	1.92%	1.09%
			5800	5.373	35.675	5.270	35.300	1.95%	1.06%
			5800	5.373	35.675	5.270	35.300	1.95%	1.06%
			5805	5.380	35.665	5.275	35.294	1.99%	1.05%
			5825	5.410	35.635	5.296	35.271	2.15%	1.03%
			5835	5.424	35.626	5.305	35.230	2.24%	1.12%
			5845	5.438	35.616	5.315	35.210	2.31%	1.15%
			5855	5.448	35.605	5.325	35.197	2.31%	1.16%
			5865	5.456	35.596	5.336	35.190	2.25%	1.13%
			5865	5.456	35.596	5.336	35.190	2.25%	1.13%
			5865	5.456	35.596	5.336	35.190	2.25%	1.13%
5865	5.456	35.596	5.336	35.190	2.25%	1.13%			
5875	5.467	35.590	5.347	35.183	2.24%	1.07%			
5885	5.481	35.529	5.357	35.177	2.31%	1.00%			
5905	5.503	35.496	5.379	35.163	2.31%	0.92%			

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)		DUT Type: Watch

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

Calibrated for Tests Performed on:	Tissue Type	Tissue Temp During Calibration (°C)	Measured Frequency (MHz)	Measured Conductivity, σ (S/m)	Measured Dielectric Constant, ϵ	TARGET Conductivity, σ (S/m)	TARGET Dielectric Constant, ϵ	% dev σ	% dev ϵ
07/18/2023	5200-5800 Head	21.0	5180	4.412	35.749	4.635	36.009	-4.81%	-0.72%
			5190	4.425	35.728	4.645	35.998	-4.74%	-0.75%
			5200	4.434	35.714	4.655	35.986	-4.75%	-0.76%
			5210	4.443	35.706	4.666	35.975	-4.78%	-0.75%
			5220	4.455	35.688	4.676	35.963	-4.73%	-0.76%
			5240	4.478	35.642	4.696	35.940	-4.64%	-0.83%
			5250	4.487	35.622	4.706	35.929	-4.65%	-0.85%
			5260	4.499	35.606	4.717	35.917	-4.62%	-0.87%
			5270	4.512	35.585	4.727	35.906	-4.55%	-0.89%
			5280	4.524	35.577	4.737	35.894	-4.50%	-0.88%
			5290	4.534	35.563	4.748	35.883	-4.51%	-0.89%
			5300	4.545	35.543	4.758	35.871	-4.48%	-0.91%
			5310	4.554	35.528	4.768	35.860	-4.49%	-0.93%
			5320	4.567	35.510	4.778	35.849	-4.42%	-0.95%
			5500	4.759	35.201	4.963	35.643	-4.11%	-1.24%
			5510	4.770	35.180	4.973	35.632	-4.08%	-1.27%
			5520	4.783	35.168	4.983	35.620	-4.01%	-1.28%
			5530	4.795	35.151	4.994	35.609	-3.98%	-1.29%
			5540	4.808	35.131	5.004	35.597	-3.92%	-1.31%
			5550	4.821	35.103	5.014	35.586	-3.85%	-1.36%
			5560	4.833	35.082	5.024	35.574	-3.80%	-1.38%
			5580	4.854	35.051	5.045	35.551	-3.79%	-1.41%
			5600	4.874	35.021	5.065	35.529	-3.77%	-1.43%
			5610	4.886	35.001	5.076	35.518	-3.74%	-1.46%
			5620	4.898	34.976	5.086	35.506	-3.70%	-1.49%
			5640	4.923	34.930	5.106	35.483	-3.58%	-1.56%
			5660	4.947	34.919	5.127	35.460	-3.51%	-1.53%
			5670	4.957	34.905	5.137	35.449	-3.50%	-1.53%
			5680	4.967	34.885	5.147	35.437	-3.50%	-1.56%
			5690	4.977	34.868	5.158	35.426	-3.51%	-1.58%
			5700	4.989	34.848	5.168	35.414	-3.46%	-1.60%
			5710	5.003	34.824	5.178	35.403	-3.38%	-1.64%
			5720	5.015	34.805	5.188	35.391	-3.33%	-1.66%
			5745	5.042	34.767	5.214	35.363	-3.30%	-1.69%
			5750	5.048	34.758	5.219	35.357	-3.28%	-1.69%
			5755	5.056	34.750	5.224	35.351	-3.22%	-1.70%
			5765	5.067	34.731	5.234	35.340	-3.19%	-1.72%
			5775	5.076	34.718	5.245	35.329	-3.22%	-1.73%
			5785	5.090	34.706	5.255	35.317	-3.14%	-1.73%
			5795	5.101	34.697	5.265	35.305	-3.11%	-1.72%
			5800	5.107	34.691	5.270	35.300	-3.09%	-1.73%
			5800	5.107	34.691	5.270	35.300	-3.09%	-1.73%
			5805	5.112	34.683	5.275	35.294	-3.09%	-1.73%
			5825	5.132	34.641	5.296	35.271	-3.10%	-1.79%
			5835	5.144	34.629	5.305	35.230	-3.03%	-1.71%
			5845	5.154	34.610	5.315	35.210	-3.03%	-1.70%
			5855	5.162	34.590	5.325	35.197	-3.06%	-1.72%
			5865	5.172	34.578	5.336	35.190	-3.07%	-1.74%
			5865	5.172	34.578	5.336	35.190	-3.07%	-1.74%
			5865	5.172	34.578	5.336	35.190	-3.07%	-1.74%
5865	5.172	34.578	5.336	35.190	-3.07%	-1.74%			
5875	5.185	34.566	5.347	35.183	-3.03%	-1.75%			
5885	5.198	34.551	5.357	35.177	-2.97%	-1.78%			
5905	5.222	34.504	5.379	35.163	-2.92%	-1.87%			

The above measured tissue parameters were used in the DASY software. The DASY software was used to perform interpolation to determine the dielectric parameters at the SAR test device frequencies (per KDB Publication 865664 D01v01r04 and IEEE 1528-2013 6.6.1.2). The tissue parameters listed in the SAR test plots may slightly differ from the table above due to significant digit rounding in the software.

Per April 2019 TCB Workshop Notes, single head-tissue simulating liquid specified in IEC 62209-1 is permitted to use for all SAR tests.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 35 of 64

REV 22.0
03/30/2022

9.2 Test System Verification

Prior to SAR assessment, the system is verified to $\pm 10\%$ of the SAR measurement on the reference dipole at the time of calibration by the calibration facility. Full system validation status and result summary can be found in the SAR System Validation Appendix.

**Table 9-2
System Verification Results – 1g**

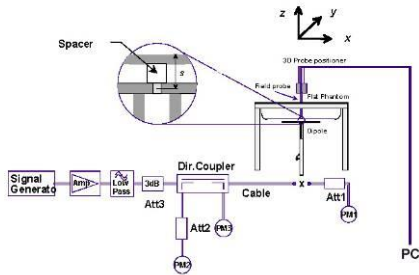
System Verification TARGET & MEASURED													
SAR System	Tissue Frequency (MHz)	Tissue Type	Date	Amb. Temp. (C)	Liquid Temp. (C)	Input Power (W)	Source SN	Probe SN	DAE	Measured SAR 1g (W/kg)	1W Target SAR 1g (W/kg)	1W Normalized SAR 1g (W/kg)	Deviation 1g (%)
AM8	750	HEAD	06/16/2023	21.9	22.0	0.20	1097	7421	604	1.720	8.210	8.600	4.75%
AM8	750	HEAD	06/19/2023	20.5	19.5	0.20	1097	7421	604	1.720	8.210	8.600	4.75%
AM10	835	HEAD	06/28/2023	22.7	20.7	0.20	460	3746	1237	2.090	9.720	10.450	7.51%
AM9	835	HEAD	06/28/2023	21.1	20.0	0.20	460	7427	1403	1.850	9.720	9.250	-4.84%
AM10	1750	HEAD	06/06/2023	22.5	20.4	0.10	1104	3746	1237	3.530	35.700	35.300	-1.12%
AM10	1750	HEAD	06/14/2023	20.9	20.2	0.10	1083	3746	1237	3.690	36.500	36.900	1.10%
AM4	1900	HEAD	06/09/2023	21.9	21.3	0.10	5d180	7490	1644	4.240	39.800	42.400	6.53%
AM4	1900	HEAD	06/12/2023	21.8	21.2	0.10	5d181	7490	1644	4.060	40.100	40.600	1.25%
AM7	2450	HEAD	06/19/2023	21.0	20.0	0.10	921	7532	501	5.340	54.200	53.400	-1.48%
AM9	2450	HEAD	06/26/2023	20.4	23.6	0.10	921	7427	1403	5.230	54.200	52.300	-3.51%
AM7	2450	HEAD	06/30/2023	21.0	20.0	0.10	921	7532	501	5.230	54.200	52.300	-3.51%
AM7	2450	HEAD	07/19/2023	22.3	21.3	0.10	921	7532	501	5.380	54.200	53.800	-0.74%
AM7	2600	HEAD	06/30/2023	21.0	20.0	0.10	1069	7532	501	5.370	55.600	53.700	-3.42%
AM7	2600	HEAD	07/19/2023	22.3	21.3	0.10	1069	7532	501	5.760	55.600	57.600	3.60%
AM1	5250	HEAD	06/08/2023	20.7	20.8	0.05	1066	7420	1333	3.990	80.300	79.800	-0.62%
AM1	5250	HEAD	07/18/2023	22.5	20.7	0.05	1123	7420	1333	3.850	80.500	77.000	-4.35%
AM1	5600	HEAD	06/08/2023	20.7	20.8	0.05	1066	7420	1333	3.940	83.900	78.800	-6.08%
AM1	5600	HEAD	07/18/2023	22.5	20.7	0.05	1123	7420	1333	4.260	83.700	85.200	1.79%
AM1	5750	HEAD	06/08/2023	20.7	20.8	0.05	1066	7420	1333	3.790	79.500	75.800	-4.65%
AM1	5750	HEAD	07/18/2023	22.5	20.7	0.05	1123	7420	1333	3.810	80.500	76.200	-5.34%

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 36 of 64

REV 22.0
03/30/2022

**Table 9-3
System Verification Results – 10g**

System Verification TARGET & MEASURED													
SAR System	Tissue Frequency (MHz)	Tissue Type	Date	Amb. Temp. (C)	Liquid Temp. (C)	Input Power (W)	Source SN	Probe SN	DAE	Measured SAR 10g (W/kg)	1W Target SAR 10g (W/kg)	1W Normalized SAR 10g (W/kg)	Deviation 10g (%)
AM6	750	HEAD	06/06/2023	20.2	19.2	0.20	1097	7638	1408	1.130	5.340	5.650	5.81%
AM6	750	HEAD	06/08/2023	20.6	19.1	0.20	1034	7638	1408	1.180	5.610	5.900	5.17%
AM8	750	HEAD	06/16/2023	21.9	22.0	0.20	1097	7421	604	1.160	5.340	5.800	8.61%
AM6	835	HEAD	06/12/2023	20.8	20.3	0.20	460	7638	1408	1.260	6.340	6.300	-0.63%
AM6	835	HEAD	06/14/2023	22.5	21.3	0.20	460	7638	1408	1.220	6.340	6.100	-3.79%
AM10	835	HEAD	06/26/2023	20.9	19.7	0.20	460	3746	1237	1.310	6.340	6.550	3.31%
AM10	1750	HEAD	06/08/2023	22.0	21.2	0.10	1104	3746	1237	1.940	18.800	19.400	3.19%
AM10	1750	HEAD	06/12/2023	20.5	20.5	0.10	1104	3746	1237	1.870	18.800	18.700	-0.53%
AM4	1900	HEAD	06/06/2023	21.4	21.0	0.10	5d181	7490	1644	2.110	20.800	21.100	1.44%
AM4	1900	HEAD	06/09/2023	21.9	21.3	0.10	5d180	7490	1644	2.220	20.800	22.200	6.73%
AM7	2450	HEAD	06/21/2023	21.6	20.2	0.10	921	7532	501	2.390	25.500	23.900	-6.27%
AM1	2450	HEAD	06/22/2023	23.5	20.8	0.10	921	7420	1333	2.450	25.500	24.500	-3.92%
AM2	2450	HEAD	06/26/2023	22.5	20.7	0.10	921	7308	467	2.590	25.500	25.900	1.57%
AM7	2450	HEAD	07/24/2023	21.2	20.8	0.10	921	7532	501	2.400	25.500	24.000	-5.88%
AM7	2600	HEAD	06/21/2023	21.6	20.2	0.10	1069	7532	501	2.440	24.900	24.400	-2.01%
AM7	2600	HEAD	07/24/2023	21.2	20.8	0.10	1069	7532	501	2.580	24.900	25.800	3.61%
AM1	5250	HEAD	06/08/2023	20.7	20.8	0.05	1066	7420	1333	1.120	23.100	22.400	-3.03%
AM1	5250	HEAD	07/18/2023	22.5	20.7	0.05	1123	7420	1333	1.100	22.900	22.000	-3.93%
AM1	5600	HEAD	06/08/2023	20.7	20.8	0.05	1066	7420	1333	1.110	24.100	22.200	-7.88%
AM1	5600	HEAD	07/18/2023	22.5	20.7	0.05	1123	7420	1333	1.210	23.700	24.200	2.11%
AM1	5750	HEAD	06/08/2023	20.7	20.8	0.05	1066	7420	1333	1.060	22.600	21.200	-6.19%
AM1	5750	HEAD	07/18/2023	22.5	20.7	0.05	1123	7420	1333	1.080	22.700	21.600	-4.85%



**Figure 9-1
System Verification Setup Diagram**



**Figure 9-2
System Verification Setup Photo**

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 37 of 64

REV 22.0
03/30/2022

10 SAR DATA SUMMARY

10.1 Standalone Head SAR Data

**Table 10-1
UMTS 850 Head SAR Data**

MEASUREMENT RESULTS																
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle	SAR (1g)	Scaling Factor	Reported SAR (1g)	Plot #
MHz	Ch.												(W/kg)		(W/kg)	
836.60	4183	front	10 mm	UMTS 850	RMC	Aluminum	Sport	QL7QC5GJMQ	25.0	24.16	0.07	1:1	0.000	1.213	0.000	
836.60	4183	front	10 mm	UMTS 850	RMC	Aluminum	Metal Links	QL7QC5GJMQ	25.0	24.16	0.01	1:1	0.000	1.213	0.000	
836.60	4183	front	10 mm	UMTS 850	RMC	Aluminum	Metal Loop	QL7QC5GJMQ	25.0	24.16	-0.08	1:1	0.000	1.213	0.000	
836.60	4183	front	10 mm	UMTS 850	RMC	Stainless Steel	Sport	DFD22FV16F	25.0	24.16	0.08	1:1	0.000	1.213	0.000	
826.40	4132	front	10 mm	UMTS 850	RMC	Stainless Steel	Metal Links	DFD22FV16F	25.0	24.12	0.02	1:1	0.000	1.225	0.000	
836.60	4183	front	10 mm	UMTS 850	RMC	Stainless Steel	Metal Links	DFD22FV16F	25.0	24.16	-0.08	1:1	0.000	1.213	0.000	A1
846.60	4233	front	10 mm	UMTS 850	RMC	Stainless Steel	Metal Links	DFD22FV16F	25.0	24.10	0.07	1:1	0.000	1.230	0.000	
836.60	4183	front	10 mm	UMTS 850	RMC	Stainless Steel	Metal Loop	DFD22FV16F	25.0	24.16	0.07	1:1	0.000	1.213	0.000	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population									Head 1.6 W/kg (mW/g) averaged over 1 gram							

**Table 10-2
UMTS 1750 Head SAR Data**

MEASUREMENT RESULTS																
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle	SAR (1g)	Scaling Factor	Reported SAR (1g)	Plot #
MHz	Ch.												(W/kg)		(W/kg)	
1732.40	1412	front	10 mm	UMTS 1750	RMC	Aluminum	Sport	MD7FJHPL2L	24.0	23.03	0.07	1:1	0.180	1.250	0.225	
1732.40	1412	front	10 mm	UMTS 1750	RMC	Aluminum	Metal Links	MD7FJHPL2L	24.0	23.03	-0.04	1:1	0.229	1.250	0.286	
1712.40	1312	front	10 mm	UMTS 1750	RMC	Aluminum	Metal Loop	MD7FJHPL2L	24.0	22.99	0.03	1:1	0.316	1.262	0.399	
1732.40	1412	front	10 mm	UMTS 1750	RMC	Aluminum	Metal Loop	MD7FJHPL2L	24.0	23.03	0.17	1:1	0.318	1.250	0.398	A2
1752.60	1513	front	10 mm	UMTS 1750	RMC	Aluminum	Metal Loop	MD7FJHPL2L	24.0	23.01	0.09	1:1	0.280	1.256	0.352	
1732.40	1412	front	10 mm	UMTS 1750	RMC	Stainless Steel	Sport	K93YXWK6XF	24.0	23.03	0.00	1:1	0.152	1.250	0.190	
1732.40	1412	front	10 mm	UMTS 1750	RMC	Stainless Steel	Metal Links	K93YXWK6XF	24.0	23.03	0.00	1:1	0.194	1.250	0.243	
1732.40	1412	front	10 mm	UMTS 1750	RMC	Stainless Steel	Metal Loop	K93YXWK6XF	24.0	23.03	0.01	1:1	0.220	1.250	0.275	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population									Head 1.6 W/kg (mW/g) averaged over 1 gram							

FCC ID: BCG-A2984	SAR EVALUATION REPORT		Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 38 of 64	

REV 22.0
03/30/2022

**Table 10-3
UMTS 1900 Head SAR Data**

MEASUREMENT RESULTS																
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle	SAR (1g)	Scaling Factor	Reported SAR (1g)	Plot #
MHz	Ch.												(W/kg)		(W/kg)	
1852.40	9262	front	10 mm	UMTS 1900	RMC	Aluminum	Sport	JHWDF7W7G5	24.0	23.15	0.01	1:1	0.224	1.216	0.272	
1852.40	9262	front	10 mm	UMTS 1900	RMC	Aluminum	Metal Links	JHWDF7W7G5	24.0	23.15	-0.03	1:1	0.295	1.216	0.359	
1852.40	9262	front	10 mm	UMTS 1900	RMC	Aluminum	Metal Loop	JHWDF7W7G5	24.0	23.15	-0.01	1:1	0.389	1.216	0.473	
1880.00	9400	front	10 mm	UMTS 1900	RMC	Aluminum	Metal Loop	JHWDF7W7G5	24.0	23.08	-0.01	1:1	0.394	1.236	0.487	
1907.60	9538	front	10 mm	UMTS 1900	RMC	Aluminum	Metal Loop	JHWDF7W7G5	24.0	23.14	0.03	1:1	0.431	1.219	0.525	A3
1852.40	9262	front	10 mm	UMTS 1900	RMC	Stainless Steel	Sport	GC60N7W71D	24.0	23.15	0.06	1:1	0.155	1.216	0.188	
1852.40	9262	front	10 mm	UMTS 1900	RMC	Stainless Steel	Metal Links	GC60N7W71D	24.0	23.15	0.04	1:1	0.316	1.216	0.384	
1852.40	9262	front	10 mm	UMTS 1900	RMC	Stainless Steel	Metal Loop	GC60N7W71D	24.0	23.15	-0.03	1:1	0.349	1.216	0.424	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population									Head 1.6 W/kg (mW/g) averaged over 1 gram							

**Table 10-4
LTE Band 12 Head SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	SAR (1g)	Scaling Factor	Reported SAR (1g)	Plot #	
MHz	Ch.																(W/kg)		(W/kg)		
707.50	23095	Md	front	10 mm	LTE Band 12	Aluminum	Sport	W9N57T36XX	10	QPSK	1	49	25.5	24.28	0	0.01	1:1	0.000	1.324	0.000	
707.50	23095	Md	front	10 mm	LTE Band 12	Aluminum	Sport	W9N57T36XX	10	QPSK	25	25	24.5	23.41	1	0.05	1:1	0.000	1.285	0.000	
707.50	23095	Md	front	10 mm	LTE Band 12	Aluminum	Metal Links	W9N57T36XX	10	QPSK	1	49	25.5	24.28	0	0.01	1:1	0.003	1.324	0.004	
707.50	23095	Md	front	10 mm	LTE Band 12	Aluminum	Metal Links	W9N57T36XX	10	QPSK	25	25	24.5	23.41	1	0.02	1:1	0.000	1.285	0.000	
707.50	23095	Md	front	10 mm	LTE Band 12	Aluminum	Metal Loop	W9N57T36XX	10	QPSK	1	49	25.5	24.28	0	0.02	1:1	0.000	1.324	0.000	
707.50	23095	Md	front	10 mm	LTE Band 12	Aluminum	Metal Loop	W9N57T36XX	10	QPSK	25	25	24.5	23.41	1	0.01	1:1	0.000	1.285	0.000	
707.50	23095	Md	front	10 mm	LTE Band 12	Stainless Steel	Sport	DFD22FV16F	10	QPSK	1	49	25.5	24.28	0	0.05	1:1	0.001	1.324	0.001	
707.50	23095	Md	front	10 mm	LTE Band 12	Stainless Steel	Sport	DFD22FV16F	10	QPSK	25	25	24.5	23.41	1	0.20	1:1	0.000	1.285	0.000	
707.50	23095	Md	front	10 mm	LTE Band 12	Stainless Steel	Metal Links	DFD22FV16F	10	QPSK	1	49	25.5	24.28	0	0.03	1:1	0.005	1.324	0.007	A4
707.50	23095	Md	front	10 mm	LTE Band 12	Stainless Steel	Metal Links	DFD22FV16F	10	QPSK	25	25	24.5	23.41	1	0.01	1:1	0.002	1.285	0.003	
707.50	23095	Md	front	10 mm	LTE Band 12	Stainless Steel	Metal Loop	DFD22FV16F	10	QPSK	1	49	25.5	24.28	0	0.06	1:1	0.001	1.324	0.001	
707.50	23095	Md	front	10 mm	LTE Band 12	Stainless Steel	Metal Loop	DFD22FV16F	10	QPSK	25	25	24.5	23.41	1	0.07	1:1	0.000	1.285	0.000	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population									Head 1.6 W/kg (mW/g) averaged over 1 gram												

**Table 10-5
LTE Band 13 Head SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	SAR (1g)	Scaling Factor	Reported SAR (1g)	Plot #	
MHz	Ch.																(W/kg)		(W/kg)		
782.00	23230	Md	front	10 mm	LTE Band 13	Aluminum	Sport	XH776L2DJ9	10	QPSK	1	0	25.5	24.59	0	0.01	1:1	0.001	1.233	0.001	
782.00	23230	Md	front	10 mm	LTE Band 13	Aluminum	Sport	XH776L2DJ9	10	QPSK	25	0	24.5	23.66	1	0.08	1:1	0.001	1.213	0.001	
782.00	23230	Md	front	10 mm	LTE Band 13	Aluminum	Metal Links	XH776L2DJ9	10	QPSK	1	0	25.5	24.59	0	0.01	1:1	0.000	1.233	0.000	
782.00	23230	Md	front	10 mm	LTE Band 13	Aluminum	Metal Links	XH776L2DJ9	10	QPSK	25	0	24.5	23.66	1	0.06	1:1	0.000	1.213	0.000	
782.00	23230	Md	front	10 mm	LTE Band 13	Aluminum	Metal Loop	XH776L2DJ9	10	QPSK	1	0	25.5	24.59	0	0.08	1:1	0.000	1.233	0.000	
782.00	23230	Md	front	10 mm	LTE Band 13	Aluminum	Metal Loop	XH776L2DJ9	10	QPSK	25	0	24.5	23.66	1	0.03	1:1	0.000	1.213	0.000	
782.00	23230	Md	front	10 mm	LTE Band 13	Stainless Steel	Sport	F6F9577W0	10	QPSK	1	0	25.5	24.59	0	-0.20	1:1	0.003	1.233	0.004	A5
782.00	23230	Md	front	10 mm	LTE Band 13	Stainless Steel	Sport	F6F9577W0	10	QPSK	25	0	24.5	23.66	1	0.07	1:1	0.001	1.213	0.001	
782.00	23230	Md	front	10 mm	LTE Band 13	Stainless Steel	Metal Links	F6F9577W0	10	QPSK	1	0	25.5	24.59	0	0.08	1:1	0.000	1.233	0.000	
782.00	23230	Md	front	10 mm	LTE Band 13	Stainless Steel	Metal Links	F6F9577W0	10	QPSK	25	0	24.5	23.66	1	0.04	1:1	0.000	1.213	0.000	
782.00	23230	Md	front	10 mm	LTE Band 13	Stainless Steel	Metal Loop	F6F9577W0	10	QPSK	1	0	25.5	24.59	0	0.06	1:1	0.001	1.233	0.001	
782.00	23230	Md	front	10 mm	LTE Band 13	Stainless Steel	Metal Loop	F6F9577W0	10	QPSK	25	0	24.5	23.66	1	0.20	1:1	0.000	1.213	0.000	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population									Head 1.6 W/kg (mW/g) averaged over 1 gram												

FCC ID: BCG-A2984	SAR EVALUATION REPORT		Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 39 of 64	

REV 22.0
03/30/2022

**Table 10-6
LTE Band 14 Head SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	SAR (1g)	Scaling Factor	Reported SAR (1g)	Plot #	
MHz	Ch.																(W/kg)		(W/kg)		
793.00	23330	Mid	front	10 mm	LTE Band 14	Aluminum	Sport	KDFC41T93V	10	QPSK	1	49	25.5	24.52	0	0.08	1:1	0.002	1.253	0.003	
793.00	23330	Mid	front	10 mm	LTE Band 14	Aluminum	Sport	KDFC41T93V	10	QPSK	25	25	24.5	23.58	1	0.01	1:1	0.000	1.236	0.000	
793.00	23330	Mid	front	10 mm	LTE Band 14	Aluminum	Metal Links	KDFC41T93V	10	QPSK	1	49	25.5	24.52	0	0.04	1:1	0.006	1.253	0.008	A6
793.00	23330	Mid	front	10 mm	LTE Band 14	Aluminum	Metal Links	KDFC41T93V	10	QPSK	25	25	24.5	23.58	1	-0.13	1:1	0.006	1.236	0.007	
793.00	23330	Mid	front	10 mm	LTE Band 14	Aluminum	Metal Loop	KDFC41T93V	10	QPSK	1	49	25.5	24.52	0	0.06	1:1	0.002	1.253	0.003	
793.00	23330	Mid	front	10 mm	LTE Band 14	Aluminum	Metal Loop	KDFC41T93V	10	QPSK	25	25	24.5	23.58	1	0.08	1:1	0.002	1.236	0.002	
793.00	23330	Mid	front	10 mm	LTE Band 14	Stainless Steel	Sport	D6N7Y0CN72	10	QPSK	1	49	25.5	24.52	0	0.04	1:1	0.002	1.253	0.003	
793.00	23330	Mid	front	10 mm	LTE Band 14	Stainless Steel	Sport	D6N7Y0CN72	10	QPSK	25	25	24.5	23.58	1	0.06	1:1	0.000	1.236	0.000	
793.00	23330	Mid	front	10 mm	LTE Band 14	Stainless Steel	Metal Links	D6N7Y0CN72	10	QPSK	1	49	25.5	24.52	0	0.06	1:1	0.004	1.253	0.005	
793.00	23330	Mid	front	10 mm	LTE Band 14	Stainless Steel	Metal Links	D6N7Y0CN72	10	QPSK	25	25	24.5	23.58	1	0.20	1:1	0.000	1.236	0.000	
793.00	23330	Mid	front	10 mm	LTE Band 14	Stainless Steel	Metal Loop	D6N7Y0CN72	10	QPSK	1	49	25.5	24.52	0	0.01	1:1	0.004	1.253	0.005	
793.00	23330	Mid	front	10 mm	LTE Band 14	Stainless Steel	Metal Loop	D6N7Y0CN72	10	QPSK	25	25	24.5	23.58	1	-0.19	1:1	0.002	1.236	0.002	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population										Head 1.6 W/kg (mW/g) averaged over 1 gram											

**Table 10-7
LTE Band 26 Head SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	SAR (1g)	Scaling Factor	Reported SAR (1g)	Plot #	
MHz	Ch.																(W/kg)		(W/kg)		
819.00	26740	Low	front	10 mm	LTE Band 26 (Cell)	Aluminum	Sport	G0X9FYPT7P	10	QPSK	1	49	25.5	25.13	0	0.09	1:1	0.000	1.089	0.000	
819.00	26740	Low	front	10 mm	LTE Band 26 (Cell)	Aluminum	Sport	G0X9FYPT7P	10	QPSK	25	25	24.5	24.19	1	0.01	1:1	0.001	1.074	0.001	
819.00	26740	Low	front	10 mm	LTE Band 26 (Cell)	Aluminum	Metal Links	G0X9FYPT7P	10	QPSK	1	49	25.5	25.13	0	0.02	1:1	0.000	1.089	0.000	
819.00	26740	Low	front	10 mm	LTE Band 26 (Cell)	Aluminum	Metal Links	G0X9FYPT7P	10	QPSK	25	25	24.5	24.19	1	0.14	1:1	0.000	1.074	0.000	
819.00	26740	Low	front	10 mm	LTE Band 26 (Cell)	Aluminum	Metal Loop	G0X9FYPT7P	10	QPSK	1	49	25.5	25.13	0	0.04	1:1	0.000	1.089	0.000	
819.00	26740	Low	front	10 mm	LTE Band 26 (Cell)	Aluminum	Metal Loop	G0X9FYPT7P	10	QPSK	25	25	24.5	24.19	1	0.09	1:1	0.000	1.074	0.000	
819.00	26740	Low	front	10 mm	LTE Band 26 (Cell)	Stainless Steel	Sport	GC60N7W71D	10	QPSK	1	49	25.5	25.13	0	0.04	1:1	0.000	1.089	0.000	
819.00	26740	Low	front	10 mm	LTE Band 26 (Cell)	Stainless Steel	Sport	GC60N7W71D	10	QPSK	25	25	24.5	24.19	1	0.05	1:1	0.000	1.074	0.000	
819.00	26740	Low	front	10 mm	LTE Band 26 (Cell)	Stainless Steel	Metal Links	GC60N7W71D	10	QPSK	1	49	25.5	25.13	0	0.03	1:1	0.000	1.089	0.000	
831.50	26865	Mid	front	10 mm	LTE Band 26 (Cell)	Stainless Steel	Metal Links	GC60N7W71D	10	QPSK	1	0	25.5	25.11	0	0.07	1:1	0.000	1.094	0.000	
844.00	26990	High	front	10 mm	LTE Band 26 (Cell)	Stainless Steel	Metal Links	GC60N7W71D	10	QPSK	1	25	25.5	25.09	0	0.01	1:1	0.000	1.099	0.000	
819.00	26740	Low	front	10 mm	LTE Band 26 (Cell)	Stainless Steel	Metal Links	GC60N7W71D	10	QPSK	25	25	24.5	24.19	1	0.03	1:1	0.000	1.074	0.000	
819.00	26740	Low	front	10 mm	LTE Band 26 (Cell)	Stainless Steel	Metal Loop	GC60N7W71D	10	QPSK	1	49	25.5	25.13	0	0.05	1:1	0.001	1.089	0.001	A7
819.00	26740	Low	front	10 mm	LTE Band 26 (Cell)	Stainless Steel	Metal Loop	GC60N7W71D	10	QPSK	25	25	24.5	24.19	1	0.01	1:1	0.000	1.074	0.000	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population										Head 1.6 W/kg (mW/g) averaged over 1 gram											

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 40 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

**Table 10-8
LTE Band 5 Head SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	SAR (1g)	Scaling Factor	Reported SAR (1g)	Plot #	
MHz	Ch.																(W/kg)		(W/kg)		
836.50	20525	Mid	front	10 mm	LTE Band 5 (Cell)	Aluminum	Sport	MT4KY2W3T	10	QPSK	1	49	25.5	24.99	0	0.04	1:1	0.002	1.125	0.002	
836.50	20525	Mid	front	10 mm	LTE Band 5 (Cell)	Aluminum	Sport	MT4KY2W3T	10	QPSK	25	0	24.5	23.99	1	0.02	1:1	0.000	1.125	0.000	
836.50	20525	Mid	front	10 mm	LTE Band 5 (Cell)	Aluminum	Metal Links	MT4KY2W3T	10	QPSK	1	49	25.5	24.99	0	0.15	1:1	0.001	1.125	0.001	
836.50	20525	Mid	front	10 mm	LTE Band 5 (Cell)	Aluminum	Metal Links	MT4KY2W3T	10	QPSK	25	0	24.5	23.99	1	0.06	1:1	0.001	1.125	0.001	
836.50	20525	Mid	front	10 mm	LTE Band 5 (Cell)	Aluminum	Metal Loop	MT4KY2W3T	10	QPSK	1	49	25.5	24.99	0	0.08	1:1	0.001	1.125	0.001	
836.50	20525	Mid	front	10 mm	LTE Band 5 (Cell)	Aluminum	Metal Loop	MT4KY2W3T	10	QPSK	25	0	24.5	23.99	1	0.08	1:1	0.001	1.125	0.001	
836.50	20525	Mid	front	10 mm	LTE Band 5 (Cell)	Stainless Steel	Sport	L4CRHH71J0	10	QPSK	1	49	25.5	24.99	0	0.05	1:1	0.002	1.125	0.002	
836.50	20525	Mid	front	10 mm	LTE Band 5 (Cell)	Stainless Steel	Sport	L4CRHH71J0	10	QPSK	25	0	24.5	23.99	1	0.02	1:1	0.002	1.125	0.002	
836.50	20525	Mid	front	10 mm	LTE Band 5 (Cell)	Stainless Steel	Metal Links	L4CRHH71J0	10	QPSK	1	49	25.5	24.99	0	0.08	1:1	0.001	1.125	0.001	
836.50	20525	Mid	front	10 mm	LTE Band 5 (Cell)	Stainless Steel	Metal Links	L4CRHH71J0	10	QPSK	25	0	24.5	23.99	1	0.04	1:1	0.002	1.125	0.002	A8
836.50	20525	Mid	front	10 mm	LTE Band 5 (Cell)	Stainless Steel	Metal Loop	L4CRHH71J0	10	QPSK	1	49	25.5	24.99	0	0.02	1:1	0.002	1.125	0.002	
836.50	20525	Mid	front	10 mm	LTE Band 5 (Cell)	Stainless Steel	Metal Loop	L4CRHH71J0	10	QPSK	25	0	24.5	23.99	1	0.02	1:1	0.002	1.125	0.002	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population												Head 1.6 W/kg (mW/g) averaged over 1 gram									

**Table 10-9
LTE Band 66 Head SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	SAR (1g)	Scaling Factor	Reported SAR (1g)	Plot #	
MHz	Ch.																(W/kg)		(W/kg)		
1745.00	132322	Mid	front	10 mm	LTE Band 66 (AWS)	Aluminum	Sport	QL7QC5GJMQ	20	QPSK	1	99	24.5	23.48	0	0.03	1:1	0.335	1.265	0.424	
1745.00	132322	Mid	front	10 mm	LTE Band 66 (AWS)	Aluminum	Sport	QL7QC5GJMQ	20	QPSK	50	0	23.5	22.74	1	0.01	1:1	0.292	1.191	0.348	
1745.00	132322	Mid	front	10 mm	LTE Band 66 (AWS)	Aluminum	Metal Links	QL7QC5GJMQ	20	QPSK	1	99	24.5	23.48	0	0.02	1:1	0.373	1.265	0.472	
1745.00	132322	Mid	front	10 mm	LTE Band 66 (AWS)	Aluminum	Metal Links	QL7QC5GJMQ	20	QPSK	50	0	23.5	22.74	1	0.02	1:1	0.318	1.191	0.379	
1720.00	132072	Low	front	10 mm	LTE Band 66 (AWS)	Aluminum	Metal Loop	QL7QC5GJMQ	20	QPSK	1	0	24.5	23.41	0	0.00	1:1	0.414	1.285	0.532	
1745.00	132322	Mid	front	10 mm	LTE Band 66 (AWS)	Aluminum	Metal Loop	QL7QC5GJMQ	20	QPSK	1	99	24.5	23.48	0	-0.06	1:1	0.441	1.265	0.558	A9
1770.00	132572	High	front	10 mm	LTE Band 66 (AWS)	Aluminum	Metal Loop	QL7QC5GJMQ	20	QPSK	1	99	24.5	23.23	0	-0.09	1:1	0.378	1.340	0.507	
1745.00	132322	Mid	front	10 mm	LTE Band 66 (AWS)	Aluminum	Metal Loop	QL7QC5GJMQ	20	QPSK	50	0	23.5	22.74	1	0.04	1:1	0.385	1.191	0.459	
1745.00	132322	Mid	front	10 mm	LTE Band 66 (AWS)	Stainless Steel	Sport	GC60N7W71D	20	QPSK	1	99	24.5	23.48	0	-0.02	1:1	0.249	1.265	0.315	
1745.00	132322	Mid	front	10 mm	LTE Band 66 (AWS)	Stainless Steel	Sport	GC60N7W71D	20	QPSK	50	0	23.5	22.74	1	-0.03	1:1	0.207	1.191	0.247	
1745.00	132322	Mid	front	10 mm	LTE Band 66 (AWS)	Stainless Steel	Metal Links	GC60N7W71D	20	QPSK	1	99	24.5	23.48	0	0.01	1:1	0.325	1.265	0.411	
1745.00	132322	Mid	front	10 mm	LTE Band 66 (AWS)	Stainless Steel	Metal Links	GC60N7W71D	20	QPSK	50	0	23.5	22.74	1	-0.02	1:1	0.285	1.191	0.339	
1745.00	132322	Mid	front	10 mm	LTE Band 66 (AWS)	Stainless Steel	Metal Loop	GC60N7W71D	20	QPSK	1	99	24.5	23.48	0	0.01	1:1	0.394	1.265	0.498	
1745.00	132322	Mid	front	10 mm	LTE Band 66 (AWS)	Stainless Steel	Metal Loop	GC60N7W71D	20	QPSK	50	0	23.5	22.74	1	0.04	1:1	0.339	1.191	0.404	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population												Head 1.6 W/kg (mW/g) averaged over 1 gram									

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 41 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

**Table 10-10
LTE Band 25 Head SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	SAR (1g) (W/kg)	Scaling Factor	Reported SAR (1g) (W/kg)	Plot #	
MHz	Ch.																				
1905.00	26590	High	front	10 mm	LTE Band 25 (PCS)	Aluminum	Sport	M62JMMY9D	20	QPSK	1	50	24.5	23.48	0	-0.03	1:1	0.295	1.265	0.373	
1905.00	26590	High	front	10 mm	LTE Band 25 (PCS)	Aluminum	Sport	M62JMMY9D	20	QPSK	50	50	23.5	22.82	1	0.02	1:1	0.245	1.169	0.286	
1905.00	26590	High	front	10 mm	LTE Band 25 (PCS)	Aluminum	Metal Links	M62JMMY9D	20	QPSK	1	50	24.5	23.48	0	0.01	1:1	0.373	1.265	0.472	
1905.00	26590	High	front	10 mm	LTE Band 25 (PCS)	Aluminum	Metal Links	M62JMMY9D	20	QPSK	50	50	23.5	22.82	1	0.02	1:1	0.295	1.169	0.345	
1905.00	26590	High	front	10 mm	LTE Band 25 (PCS)	Aluminum	Metal Loop	M62JMMY9D	20	QPSK	1	50	24.5	23.48	0	-0.06	1:1	0.460	1.265	0.582	
1905.00	26590	High	front	10 mm	LTE Band 25 (PCS)	Aluminum	Metal Loop	M62JMMY9D	20	QPSK	50	50	23.5	22.82	1	0.01	1:1	0.367	1.169	0.429	
1905.00	26590	High	front	10 mm	LTE Band 25 (PCS)	Stainless Steel	Sport	KYCQ0W74X1	20	QPSK	1	50	24.5	23.48	0	0.00	1:1	0.318	1.265	0.402	
1905.00	26590	High	front	10 mm	LTE Band 25 (PCS)	Stainless Steel	Sport	KYCQ0W74X1	20	QPSK	50	50	23.5	22.82	1	0.03	1:1	0.287	1.169	0.336	
1905.00	26590	High	front	10 mm	LTE Band 25 (PCS)	Stainless Steel	Metal Links	KYCQ0W74X1	20	QPSK	1	50	24.5	23.48	0	-0.01	1:1	0.335	1.265	0.424	
1905.00	26590	High	front	10 mm	LTE Band 25 (PCS)	Stainless Steel	Metal Links	KYCQ0W74X1	20	QPSK	50	50	23.5	22.82	1	0.01	1:1	0.264	1.169	0.309	
1860.00	26140	Low	front	10 mm	LTE Band 25 (PCS)	Stainless Steel	Metal Loop	KYCQ0W74X1	20	QPSK	1	99	24.5	23.33	0	-0.01	1:1	0.416	1.309	0.545	
1882.50	26365	Mid	front	10 mm	LTE Band 25 (PCS)	Stainless Steel	Metal Loop	KYCQ0W74X1	20	QPSK	1	99	24.5	23.27	0	0.03	1:1	0.422	1.327	0.560	
1905.00	26590	High	front	10 mm	LTE Band 25 (PCS)	Stainless Steel	Metal Loop	KYCQ0W74X1	20	QPSK	1	50	24.5	23.48	0	0.00	1:1	0.512	1.265	0.648	A10
1905.00	26590	High	front	10 mm	LTE Band 25 (PCS)	Stainless Steel	Metal Loop	KYCQ0W74X1	20	QPSK	50	50	23.5	22.82	1	0.03	1:1	0.421	1.169	0.492	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population												Head 1.6 W/kg (mW/g) averaged over 1 gram									

**Table 10-11
LTE Band 7 Head SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	SAR (1g) (W/kg)	Scaling Factor	Reported SAR (1g) (W/kg)	Plot #	
MHz	Ch.																				
2510.00	20850	Low	front	10 mm	LTE Band 7	Aluminum	Sport	GTXF2TMHK	20	QPSK	1	0	24.0	22.95	0	-0.01	1:1	0.804	1.274	1.024	A11
2535.00	21100	Mid	front	10 mm	LTE Band 7	Aluminum	Sport	GTXF2TMHK	20	QPSK	1	0	24.0	22.92	0	0.05	1:1	0.622	1.282	0.797	
2560.00	21350	High	front	10 mm	LTE Band 7	Aluminum	Sport	GTXF2TMHK	20	QPSK	1	0	24.0	22.97	0	-0.07	1:1	0.661	1.268	0.838	
2510.00	20850	Low	front	10 mm	LTE Band 7	Aluminum	Sport	GTXF2TMHK	20	QPSK	50	50	23.0	21.99	1	0.00	1:1	0.541	1.262	0.683	
2535.00	21100	Mid	front	10 mm	LTE Band 7	Aluminum	Sport	GTXF2TMHK	20	QPSK	50	0	23.0	21.98	1	-0.02	1:1	0.523	1.265	0.662	
2560.00	21350	High	front	10 mm	LTE Band 7	Aluminum	Sport	GTXF2TMHK	20	QPSK	50	0	23.0	22.06	1	0.02	1:1	0.509	1.242	0.632	
2535.00	21100	Mid	front	10 mm	LTE Band 7	Aluminum	Sport	GTXF2TMHK	20	QPSK	100	0	23.0	21.99	1	0.03	1:1	0.473	1.262	0.597	
2560.00	21350	High	front	10 mm	LTE Band 7	Aluminum	Metal Links	GTXF2TMHK	20	QPSK	1	0	24.0	22.97	0	0.00	1:1	0.507	1.268	0.643	
2560.00	21350	High	front	10 mm	LTE Band 7	Aluminum	Metal Links	GTXF2TMHK	20	QPSK	50	0	23.0	22.06	1	0.04	1:1	0.382	1.242	0.474	
2560.00	21350	High	front	10 mm	LTE Band 7	Aluminum	Metal Loop	GTXF2TMHK	20	QPSK	1	0	24.0	22.97	0	-0.05	1:1	0.505	1.268	0.640	
2560.00	21350	High	front	10 mm	LTE Band 7	Aluminum	Metal Loop	GTXF2TMHK	20	QPSK	50	0	23.0	22.06	1	-0.01	1:1	0.390	1.242	0.484	
2560.00	21350	High	front	10 mm	LTE Band 7	Stainless Steel	Sport	MVHCWNGKM	20	QPSK	1	0	24.0	22.97	0	-0.02	1:1	0.634	1.268	0.804	
2560.00	21350	High	front	10 mm	LTE Band 7	Stainless Steel	Sport	MVHCWNGKM	20	QPSK	50	0	23.0	22.06	1	0.01	1:1	0.499	1.242	0.620	
2560.00	21350	High	front	10 mm	LTE Band 7	Stainless Steel	Metal Links	MVHCWNGKM	20	QPSK	1	0	24.0	22.97	0	0.02	1:1	0.414	1.268	0.525	
2560.00	21350	High	front	10 mm	LTE Band 7	Stainless Steel	Metal Links	MVHCWNGKM	20	QPSK	50	0	23.0	22.06	1	0.03	1:1	0.319	1.242	0.396	
2560.00	21350	High	front	10 mm	LTE Band 7	Stainless Steel	Metal Loop	MVHCWNGKM	20	QPSK	1	0	24.0	22.97	0	0.03	1:1	0.502	1.268	0.637	
2560.00	21350	High	front	10 mm	LTE Band 7	Stainless Steel	Metal Loop	MVHCWNGKM	20	QPSK	50	0	23.0	22.06	1	-0.01	1:1	0.329	1.242	0.409	
2510.00	20850	Low	front	10 mm	LTE Band 7	Aluminum	Sport	GTXF2TMHK	20	QPSK	1	0	24.0	22.95	0	-0.01	1:1	0.756	1.274	0.963	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population												Head 1.6 W/kg (mW/g) averaged over 1 gram									

Note: Blue entries represent variability measurement

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 42 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

**Table 10-12
LTE Band 41 Head SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	SAR (1g)	Scaling Factor	Reported SAR	Plot #	
MHz	Ch.																(W/kg)		(W/kg)		
2506.00	39750	Low	front	10 mm	LTE Band 41	Aluminum	Sport	FRQ7C99PMQ	20	QPSK	1	99	24.0	22.99	0	0.03	1:1.58	0.296	1.262	0.374	
2549.50	40185	Low-Mid	front	10 mm	LTE Band 41	Aluminum	Sport	FRQ7C99PMQ	20	QPSK	1	0	24.0	23.02	0	0.12	1:1.58	0.379	1.253	0.475	A12
2593.00	40620	Mid	front	10 mm	LTE Band 41	Aluminum	Sport	FRQ7C99PMQ	20	QPSK	1	50	24.0	22.98	0	0.02	1:1.58	0.315	1.265	0.398	
2636.50	41055	Mid-High	front	10 mm	LTE Band 41	Aluminum	Sport	FRQ7C99PMQ	20	QPSK	1	0	24.0	22.74	0	-0.03	1:1.58	0.319	1.337	0.427	
2680.00	41490	High	front	10 mm	LTE Band 41	Aluminum	Sport	FRQ7C99PMQ	20	QPSK	1	99	24.0	22.48	0	-0.03	1:1.58	0.273	1.419	0.387	
2549.50	40185	Low-Mid	front	10 mm	LTE Band 41	Aluminum	Sport	FRQ7C99PMQ	20	QPSK	50	0	23.0	21.91	1	0.05	1:1.58	0.289	1.285	0.371	
2549.50	40185	Low-Mid	front	10 mm	LTE Band 41	Aluminum	Metal Links	FRQ7C99PMQ	20	QPSK	1	0	24.0	23.02	0	0.04	1:1.58	0.303	1.253	0.380	
2549.50	40185	Low-Mid	front	10 mm	LTE Band 41	Aluminum	Metal Links	FRQ7C99PMQ	20	QPSK	50	0	23.0	21.91	1	0.01	1:1.58	0.243	1.285	0.312	
2549.50	40185	Low-Mid	front	10 mm	LTE Band 41	Aluminum	Metal Loop	FRQ7C99PMQ	20	QPSK	1	0	24.0	23.02	0	-0.01	1:1.58	0.297	1.253	0.372	
2549.50	40185	Low-Mid	front	10 mm	LTE Band 41	Aluminum	Metal Loop	FRQ7C99PMQ	20	QPSK	50	0	23.0	21.91	1	0.02	1:1.58	0.240	1.285	0.308	
2549.50	40185	Low-Mid	front	10 mm	LTE Band 41	Stainless Steel	Sport	MVHCWNGKM	20	QPSK	1	0	24.0	23.02	0	-0.05	1:1.58	0.226	1.253	0.283	
2549.50	40185	Low-Mid	front	10 mm	LTE Band 41	Stainless Steel	Sport	MVHCWNGKM	20	QPSK	50	0	23.0	21.91	1	0.00	1:1.58	0.186	1.285	0.239	
2549.50	40185	Low-Mid	front	10 mm	LTE Band 41	Stainless Steel	Metal Links	MVHCWNGKM	20	QPSK	1	0	24.0	23.02	0	0.01	1:1.58	0.150	1.253	0.188	
2549.50	40185	Low-Mid	front	10 mm	LTE Band 41	Stainless Steel	Metal Links	MVHCWNGKM	20	QPSK	50	0	23.0	21.91	1	-0.03	1:1.58	0.114	1.285	0.146	
2549.50	40185	Low-Mid	front	10 mm	LTE Band 41	Stainless Steel	Metal Loop	MVHCWNGKM	20	QPSK	1	0	24.0	23.02	0	-0.01	1:1.58	0.198	1.253	0.248	
2549.50	40185	Low-Mid	front	10 mm	LTE Band 41	Stainless Steel	Metal Loop	MVHCWNGKM	20	QPSK	50	0	23.0	21.91	1	-0.04	1:1.58	0.133	1.285	0.171	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT										Head											
Spatial Peak										1.6 W/kg (mW/g)											
Uncontrolled Exposure/General Population										averaged over 1 gram											

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 43 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

Table 10-13
2.4 GHz WLAN Head SAR Data

MEASUREMENT RESULTS																			
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Data Rate [Mbps]	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle (%)	SAR (1g)	Scaling Factor (Power)	Scaling Factor (Duty Cycle)	Reported SAR (1g)	Plot #
MHz	Ch.														(W/kg)			(W/kg)	
2412	1	front	10 mm	802.11b	DSSS	Aluminum	Sport	YJ720H30JD	22	1	19.0	18.18	0.04	99.6	0.306	1.208	1.004	0.371	
2437	6	front	10 mm	802.11b	DSSS	Aluminum	Sport	YJ720H30JD	22	1	19.0	18.17	0.04	99.6	0.317	1.211	1.004	0.385	A13
2462	11	front	10 mm	802.11b	DSSS	Aluminum	Sport	YJ720H30JD	22	1	19.0	18.20	0.10	99.6	0.298	1.202	1.004	0.360	
2462	11	front	10 mm	802.11b	DSSS	Aluminum	Metal Loop	YJ720H30JD	22	1	19.0	18.20	-0.01	99.6	0.233	1.202	1.004	0.281	
2462	11	front	10 mm	802.11b	DSSS	Aluminum	Metal Links	YJ720H30JD	22	1	19.0	18.20	0.02	99.6	0.166	1.202	1.004	0.200	
2462	11	front	10 mm	802.11b	DSSS	Stainless Steel	Sport	DFD22FV16F	22	1	19.0	18.20	-0.04	99.6	0.283	1.202	1.004	0.342	
2462	11	front	10 mm	802.11b	DSSS	Stainless Steel	Metal Loop	DFD22FV16F	22	1	19.0	18.20	0.10	99.6	0.177	1.202	1.004	0.214	
2462	11	front	10 mm	802.11b	DSSS	Stainless Steel	Metal Links	DFD22FV16F	22	1	19.0	18.20	0.01	99.6	0.177	1.202	1.004	0.214	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population										Head 1.6 W/kg (mW/g) averaged over 1 gram									

Table 10-14
5 GHz WLAN Head SAR Data

MEASUREMENT RESULTS																			
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Data Rate [Mbps]	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle (%)	SAR (1g)	Scaling Factor (Power)	Scaling Factor (Duty Cycle)	Reported SAR (1g)	Plot #
MHz	Ch.														(W/kg)			(W/kg)	
5320	64	front	10 mm	802.11a	OFDM	Aluminum	Sport	QL7QC5GJMQ	20	6	17.0	16.46	0.07	98.6	0.113	1.132	1.014	0.130	
5320	64	front	10 mm	802.11a	OFDM	Aluminum	Metal Loop	QL7QC5GJMQ	20	6	17.0	16.46	0.07	98.6	0.107	1.132	1.014	0.123	
5320	64	front	10 mm	802.11a	OFDM	Aluminum	Metal Links	QL7QC5GJMQ	20	6	17.0	16.46	0.06	98.6	0.125	1.132	1.014	0.143	
5600	120	front	10 mm	802.11a	OFDM	Aluminum	Sport	QL7QC5GJMQ	20	6	17.0	16.43	0.16	98.6	0.125	1.140	1.014	0.144	
5600	120	front	10 mm	802.11a	OFDM	Aluminum	Metal Loop	QL7QC5GJMQ	20	6	17.0	16.43	-0.03	98.6	0.137	1.140	1.014	0.158	
5600	120	front	10 mm	802.11a	OFDM	Aluminum	Metal Links	QL7QC5GJMQ	20	6	17.0	16.43	0.06	98.6	0.125	1.140	1.014	0.144	
5785	157	front	10 mm	802.11a	OFDM	Aluminum	Sport	QL7QC5GJMQ	20	6	17.0	16.05	-0.12	98.6	0.181	1.245	1.014	0.228	
5785	157	front	10 mm	802.11a	OFDM	Aluminum	Metal Loop	QL7QC5GJMQ	20	6	17.0	16.05	0.14	98.6	0.190	1.245	1.014	0.240	A14
5785	157	front	10 mm	802.11a	OFDM	Aluminum	Metal Links	QL7QC5GJMQ	20	6	17.0	16.05	0.04	98.6	0.181	1.245	1.014	0.228	
5320	64	front	10 mm	802.11a	OFDM	Stainless Steel	Sport	X5N4VPM2QG	20	6	17.0	16.46	0.05	98.6	0.162	1.132	1.014	0.186	
5320	64	front	10 mm	802.11a	OFDM	Stainless Steel	Metal Loop	X5N4VPM2QG	20	6	17.0	16.46	-0.01	98.6	0.141	1.132	1.014	0.162	
5320	64	front	10 mm	802.11a	OFDM	Stainless Steel	Metal Links	X5N4VPM2QG	20	6	17.0	16.46	0.06	98.6	0.124	1.132	1.014	0.142	
5600	120	front	10 mm	802.11a	OFDM	Stainless Steel	Sport	X5N4VPM2QG	20	6	17.0	16.43	0.03	98.6	0.151	1.140	1.014	0.175	
5600	120	front	10 mm	802.11a	OFDM	Stainless Steel	Metal Loop	X5N4VPM2QG	20	6	17.0	16.43	0.01	98.6	0.176	1.140	1.014	0.203	
5600	120	front	10 mm	802.11a	OFDM	Stainless Steel	Metal Links	X5N4VPM2QG	20	6	17.0	16.43	0.14	98.6	0.153	1.140	1.014	0.177	
5785	157	front	10 mm	802.11a	OFDM	Stainless Steel	Sport	X5N4VPM2QG	20	6	17.0	16.05	0.09	98.6	0.168	1.245	1.014	0.212	
5785	157	front	10 mm	802.11a	OFDM	Stainless Steel	Metal Loop	X5N4VPM2QG	20	6	17.0	16.05	0.04	98.6	0.159	1.245	1.014	0.201	
5785	157	front	10 mm	802.11a	OFDM	Stainless Steel	Metal Links	X5N4VPM2QG	20	6	17.0	16.05	0.08	98.6	0.174	1.245	1.014	0.220	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population										Head 1.6 W/kg (mW/g) averaged over 1 gram									

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 44 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

**Table 10-15
Bluetooth Head SAR Data**

MEASUREMENT RESULTS																		
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Data Rate (Mbps)	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle (%)	SAR (1g)	Scaling Factor (Cond Power)	Scaling Factor (Duty Cycle)	Reported SAR (1g)	Plot #
MHz	Ch.													(W/kg)			(W/kg)	
2402	0	front	10 mm	Bluetooth	FHSS	Aluminum	Sport	FRQ7C99PMQ	1	17.5	16.00	-0.01	100.0	0.225	1.413	1.000	0.318	A14
2441	39	front	10 mm	Bluetooth	FHSS	Aluminum	Sport	FRQ7C99PMQ	1	17.5	16.31	-0.04	100.0	0.175	1.315	1.000	0.230	
2440	78	front	10 mm	Bluetooth	FHSS	Aluminum	Sport	FRQ7C99PMQ	1	17.5	15.90	0.03	100.00	0.137	1.445	1.000	0.198	
2441	39	front	10 mm	Bluetooth	FHSS	Aluminum	Metal Loop	FRQ7C99PMQ	1	17.5	16.31	-0.07	100.0	0.099	1.315	1.000	0.130	
2441	39	front	10 mm	Bluetooth	FHSS	Aluminum	Metal Links	FRQ7C99PMQ	1	17.5	16.31	-0.02	100.0	0.089	1.315	1.000	0.117	
2441	39	front	10 mm	Bluetooth	FHSS	Stainless Steel	Sport	DFD22FV16F	1	17.5	16.31	-0.03	100.0	0.204	1.315	1.000	0.268	
2441	39	front	10 mm	Bluetooth	FHSS	Stainless Steel	Metal Loop	DFD22FV16F	1	17.5	16.31	-0.08	100.0	0.117	1.315	1.000	0.154	
2441	39	front	10 mm	Bluetooth	FHSS	Stainless Steel	Metal Links	DFD22FV16F	1	17.5	16.31	-0.10	100.0	0.113	1.315	1.000	0.149	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population										Head 1.6 W/kg (mW/g) averaged over 1 gram								

**Table 10-16
802.15.4 ab-NB Head SAR Data**

MEASUREMENT RESULTS																		
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Data Rate (Mbps)	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle (%)	SAR (1g)	Scaling Factor (Power)	Scaling Factor (Duty Cycle)	Reported SAR (1g)	Plot #
MHz	Ch.													(W/kg)			(W/kg)	
5728.75	Low	front	10 mm	802.15.4 ab-NB	OFDM	Aluminum	Metal Links	QL7QC5GJMQ	1	16.00	15.80	0.21	8.6	0.010	1.047	1.031	0.011	
5728.75	Low	front	10 mm	802.15.4 ab-NB	OFDM	Aluminum	Metal Loop	QL7QC5GJMQ	1	16.00	15.80	-0.21	8.6	0.009	1.047	1.031	0.010	
5728.75	Low	front	10 mm	802.15.4 ab-NB	OFDM	Aluminum	Sport	QL7QC5GJMQ	1	16.00	15.80	0.21	8.6	0.006	1.047	1.031	0.006	
5728.75	Low	front	10 mm	802.15.4 ab-NB	OFDM	Stainless Steel	Metal Links	J5DX2QXCFX	1	16.00	15.80	0.21	8.6	0.016	1.047	1.031	0.017	A16
5728.75	Low	front	10 mm	802.15.4 ab-NB	OFDM	Stainless Steel	Metal Loop	J5DX2QXCFX	1	16.00	15.80	-0.21	8.6	0.012	1.047	1.031	0.013	
5728.75	Low	front	10 mm	802.15.4 ab-NB	OFDM	Stainless Steel	Sport	J5DX2QXCFX	1	16.00	15.80	0.21	8.6	0.014	1.047	1.031	0.015	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population										Head 1.6 W/kg (mW/g) averaged over 1 gram								

Note: The reported SAR was scaled to the 8.9% transmission duty factor

10.2 Standalone Extremity SAR Data

**Table 10-17
UMTS 850 Extremity SAR Data**

MEASUREMENT RESULTS																
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle	Scaling Factor	SAR (10g)	Reported SAR (10g)	Plot #
MHz	Ch.													(W/kg)	(W/kg)	
836.60	4183	back	0 mm	UMTS 850	RMC	Aluminum	Sport	F54J2MTGW6	25.0	24.16	-0.15	1:1	1.213	0.103	0.125	
836.60	4183	back	0 mm	UMTS 850	RMC	Aluminum	Metal Links	F54J2MTGW6	25.0	24.16	0.06	1:1	1.213	0.182	0.221	
836.60	4183	back	0 mm	UMTS 850	RMC	Aluminum	Metal Loop	F54J2MTGW6	25.0	24.16	0.08	1:1	1.213	0.138	0.167	
836.60	4183	back	0 mm	UMTS 850	RMC	Stainless Steel	Sport	DFD22FV16F	25.0	24.16	0.08	1:1	1.213	0.112	0.136	
826.40	4132	back	0 mm	UMTS 850	RMC	Stainless Steel	Metal Links	DFD22FV16F	25.0	24.12	0.01	1:1	1.225	0.171	0.209	
836.60	4183	back	0 mm	UMTS 850	RMC	Stainless Steel	Metal Links	DFD22FV16F	25.0	24.16	0.04	1:1	1.213	0.226	0.274	A17
846.60	4233	back	0 mm	UMTS 850	RMC	Stainless Steel	Metal Links	DFD22FV16F	25.0	24.10	-0.01	1:1	1.230	0.225	0.277	
836.60	4183	back	0 mm	UMTS 850	RMC	Stainless Steel	Metal Loop	DFD22FV16F	25.0	24.16	0.04	1:1	1.213	0.147	0.178	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population										Extremity 4.0 W/kg (mW/g) averaged over 10 grams						

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 45 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

Table 10-18
UMTS 1750 Extremity SAR Data

MEASUREMENT RESULTS																
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle	Scaling Factor	SAR (10g)	Reported SAR (10g)	Plot #
MHz	Ch.													(W/kg)	(W/kg)	
1732.40	1412	back	0 mm	UMTS 1750	RMC	Aluminum	Sport	MT4YKY2W3T	24.0	23.03	-0.08	1:1	1.250	0.026	0.033	
1732.40	1412	back	0 mm	UMTS 1750	RMC	Aluminum	Metal Links	MT4YKY2W3T	24.0	23.03	0.20	1:1	1.250	0.033	0.041	
1732.40	1412	back	0 mm	UMTS 1750	RMC	Aluminum	Metal Loop	MT4YKY2W3T	24.0	23.03	0.05	1:1	1.250	0.025	0.031	
1732.40	1412	back	0 mm	UMTS 1750	RMC	Stainless Steel	Sport	J2VP6TGPYP	24.0	23.03	-0.15	1:1	1.250	0.032	0.040	
1732.40	1412	back	0 mm	UMTS 1750	RMC	Stainless Steel	Metal Links	J2VP6TGPYP	24.0	23.03	-0.10	1:1	1.250	0.010	0.013	
1712.40	1312	back	0 mm	UMTS 1750	RMC	Stainless Steel	Metal Loop	J2VP6TGPYP	24.0	22.99	-0.18	1:1	1.262	0.043	0.054	
1732.40	1412	back	0 mm	UMTS 1750	RMC	Stainless Steel	Metal Loop	J2VP6TGPYP	24.0	23.03	-0.03	1:1	1.250	0.045	0.056	
1752.60	1513	back	0 mm	UMTS 1750	RMC	Stainless Steel	Metal Loop	J2VP6TGPYP	24.0	23.01	-0.18	1:1	1.256	0.048	0.060	A18
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population									Extremity 4.0 W/kg (mW/g) averaged over 10 grams							

Table 10-19
UMTS 1900 Extremity SAR Data

MEASUREMENT RESULTS																
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle	Scaling Factor	SAR (10g)	Reported SAR (10g)	Plot #
MHz	Ch.													(W/kg)	(W/kg)	
1852.40	9262	back	0 mm	UMTS 1900	RMC	Aluminum	Sport	M62JM4MY9D	24.0	23.15	0.06	1:1	1.216	0.030	0.036	
1852.40	9262	back	0 mm	UMTS 1900	RMC	Aluminum	Metal Links	M62JM4MY9D	24.0	23.15	0.08	1:1	1.216	0.036	0.044	A19
1880.00	9400	back	0 mm	UMTS 1900	RMC	Aluminum	Metal Links	M62JM4MY9D	24.0	23.08	0.04	1:1	1.236	0.027	0.033	
1907.60	9538	back	0 mm	UMTS 1900	RMC	Aluminum	Metal Links	M62JM4MY9D	24.0	23.14	0.01	1:1	1.219	0.029	0.035	
1852.40	9262	back	0 mm	UMTS 1900	RMC	Aluminum	Metal Loop	M62JM4MY9D	24.0	23.15	-0.01	1:1	1.216	0.010	0.012	
1852.40	9262	back	0 mm	UMTS 1900	RMC	Stainless Steel	Sport	GC60N7W71D	24.0	23.15	-0.01	1:1	1.216	0.027	0.033	
1852.40	9262	back	0 mm	UMTS 1900	RMC	Stainless Steel	Metal Links	GC60N7W71D	24.0	23.15	0.03	1:1	1.216	0.022	0.027	
1852.40	9262	back	0 mm	UMTS 1900	RMC	Stainless Steel	Metal Loop	GC60N7W71D	24.0	23.15	0.01	1:1	1.216	0.030	0.036	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population									Extremity 4.0 W/kg (mW/g) averaged over 10 grams							

Table 10-20
LTE Band 12 Extremity SAR Data

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	Scaling Factor	SAR (10g)	Reported SAR (10g)	Plot #	
MHz	Ch.																	(W/kg)	(W/kg)		
707.50	23095	Md	back	0 mm	LTE Band 12	Aluminum	Sport	W9N57T36XX	10	QPSK	1	49	25.5	24.28	0	0.07	1:1	1.324	0.117	0.155	
707.50	23095	Md	back	0 mm	LTE Band 12	Aluminum	Sport	W9N57T36XX	10	QPSK	25	25	24.5	23.41	1	-0.06	1:1	1.285	0.091	0.117	
707.50	23095	Md	back	0 mm	LTE Band 12	Aluminum	Metal Links	W9N57T36XX	10	QPSK	1	49	25.5	24.28	0	0.04	1:1	1.324	0.192	0.254	A20
707.50	23095	Md	back	0 mm	LTE Band 12	Aluminum	Metal Links	W9N57T36XX	10	QPSK	25	25	24.5	23.41	1	-0.16	1:1	1.285	0.131	0.168	
707.50	23095	Md	back	0 mm	LTE Band 12	Aluminum	Metal Loop	W9N57T36XX	10	QPSK	1	49	25.5	24.28	0	-0.17	1:1	1.324	0.137	0.181	
707.50	23095	Md	back	0 mm	LTE Band 12	Aluminum	Metal Loop	W9N57T36XX	10	QPSK	25	25	24.5	23.41	1	-0.15	1:1	1.285	0.110	0.141	
707.50	23095	Md	back	0 mm	LTE Band 12	Stainless Steel	Sport	FX6F9577W0	10	QPSK	1	49	25.5	24.28	0	-0.16	1:1	1.324	0.102	0.135	
707.50	23095	Md	back	0 mm	LTE Band 12	Stainless Steel	Sport	FX6F9577W0	10	QPSK	25	25	24.5	23.41	1	0.03	1:1	1.285	0.087	0.112	
707.50	23095	Md	back	0 mm	LTE Band 12	Stainless Steel	Metal Links	FX6F9577W0	10	QPSK	1	49	25.5	24.28	0	-0.01	1:1	1.324	0.190	0.252	
707.50	23095	Md	back	0 mm	LTE Band 12	Stainless Steel	Metal Links	FX6F9577W0	10	QPSK	25	25	24.5	23.41	1	-0.02	1:1	1.285	0.154	0.198	
707.50	23095	Md	back	0 mm	LTE Band 12	Stainless Steel	Metal Loop	FX6F9577W0	10	QPSK	1	49	25.5	24.28	0	-0.06	1:1	1.324	0.126	0.167	
707.50	23095	Md	back	0 mm	LTE Band 12	Stainless Steel	Metal Loop	FX6F9577W0	10	QPSK	25	25	24.5	23.41	1	-0.01	1:1	1.285	0.099	0.127	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population									Extremity 4.0 W/kg (mW/g) averaged over 10 grams												

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 46 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

**Table 10-21
LTE Band 13 Extremity SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	Scaling Factor	SAR (10g)	Reported SAR (10g)	Plot #	
MHz	Ch.																	(W/kg)	(W/kg)		
782.00	23230	Md	back	0 mm	LTE Band 13	Aluminum	Sport	XH776L2DJ9	10	QPSK	1	0	25.5	24.59	0	0.02	1:1	1.233	0.157	0.194	
782.00	23230	Md	back	0 mm	LTE Band 13	Aluminum	Sport	XH776L2DJ9	10	QPSK	25	0	24.5	23.66	1	0.08	1:1	1.213	0.139	0.169	
782.00	23230	Md	back	0 mm	LTE Band 13	Aluminum	Metal Links	XH776L2DJ9	10	QPSK	1	0	25.5	24.59	0	-0.20	1:1	1.233	0.264	0.326	A21
782.00	23230	Md	back	0 mm	LTE Band 13	Aluminum	Metal Links	XH776L2DJ9	10	QPSK	25	0	24.5	23.66	1	-0.09	1:1	1.213	0.211	0.256	
782.00	23230	Md	back	0 mm	LTE Band 13	Aluminum	Metal Loop	XH776L2DJ9	10	QPSK	1	0	25.5	24.59	0	-0.12	1:1	1.233	0.197	0.243	
782.00	23230	Md	back	0 mm	LTE Band 13	Aluminum	Metal Loop	XH776L2DJ9	10	QPSK	25	0	24.5	23.66	1	-0.17	1:1	1.213	0.188	0.228	
782.00	23230	Md	back	0 mm	LTE Band 13	Stainless Steel	Sport	FX6F9577W0	10	QPSK	1	0	25.5	24.59	0	-0.06	1:1	1.233	0.114	0.141	
782.00	23230	Md	back	0 mm	LTE Band 13	Stainless Steel	Sport	FX6F9577W0	10	QPSK	25	0	24.5	23.66	1	-0.10	1:1	1.213	0.091	0.110	
782.00	23230	Md	back	0 mm	LTE Band 13	Stainless Steel	Metal Links	FX6F9577W0	10	QPSK	1	0	25.5	24.59	0	0.05	1:1	1.233	0.230	0.284	
782.00	23230	Md	back	0 mm	LTE Band 13	Stainless Steel	Metal Links	FX6F9577W0	10	QPSK	25	0	24.5	23.66	1	-0.16	1:1	1.213	0.176	0.213	
782.00	23230	Md	back	0 mm	LTE Band 13	Stainless Steel	Metal Loop	FX6F9577W0	10	QPSK	1	0	25.5	24.59	0	-0.06	1:1	1.233	0.154	0.190	
782.00	23230	Md	back	0 mm	LTE Band 13	Stainless Steel	Metal Loop	FX6F9577W0	10	QPSK	25	0	24.5	23.66	1	-0.10	1:1	1.213	0.126	0.153	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population												Extremity 4.0 W/kg (mW/g) averaged over 10 grams									

**Table 10-22
LTE Band 14 Extremity SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	Scaling Factor	SAR (10g)	Reported SAR (10g)	Plot #	
MHz	Ch.																	(W/kg)	(W/kg)		
793.00	23330	Md	back	0 mm	LTE Band 14	Aluminum	Sport	KDFC41T93V	10	QPSK	1	49	25.5	24.52	0	0.09	1:1	1.253	0.140	0.175	
793.00	23330	Md	back	0 mm	LTE Band 14	Aluminum	Sport	KDFC41T93V	10	QPSK	25	25	24.5	23.58	1	0.06	1:1	1.236	0.107	0.132	
793.00	23330	Md	back	0 mm	LTE Band 14	Aluminum	Metal Links	KDFC41T93V	10	QPSK	1	49	25.5	24.52	0	-0.04	1:1	1.253	0.240	0.301	A22
793.00	23330	Md	back	0 mm	LTE Band 14	Aluminum	Metal Links	KDFC41T93V	10	QPSK	25	25	24.5	23.58	1	-0.05	1:1	1.236	0.199	0.246	
793.00	23330	Md	back	0 mm	LTE Band 14	Aluminum	Metal Loop	KDFC41T93V	10	QPSK	1	49	25.5	24.52	0	0.09	1:1	1.253	0.191	0.239	
793.00	23330	Md	back	0 mm	LTE Band 14	Aluminum	Metal Loop	KDFC41T93V	10	QPSK	25	25	24.5	23.58	1	-0.02	1:1	1.236	0.168	0.208	
793.00	23330	Md	back	0 mm	LTE Band 14	Stainless Steel	Sport	FX6F9577W0	10	QPSK	1	49	25.5	24.52	0	0.01	1:1	1.253	0.141	0.177	
793.00	23330	Md	back	0 mm	LTE Band 14	Stainless Steel	Sport	FX6F9577W0	10	QPSK	25	25	24.5	23.58	1	0.04	1:1	1.236	0.115	0.142	
793.00	23330	Md	back	0 mm	LTE Band 14	Stainless Steel	Metal Links	FX6F9577W0	10	QPSK	1	49	25.5	24.52	0	-0.15	1:1	1.253	0.221	0.277	
793.00	23330	Md	back	0 mm	LTE Band 14	Stainless Steel	Metal Links	FX6F9577W0	10	QPSK	25	25	24.5	23.58	1	-0.11	1:1	1.236	0.188	0.232	
793.00	23330	Md	back	0 mm	LTE Band 14	Stainless Steel	Metal Loop	FX6F9577W0	10	QPSK	1	49	25.5	24.52	0	-0.08	1:1	1.253	0.160	0.200	
793.00	23330	Md	back	0 mm	LTE Band 14	Stainless Steel	Metal Loop	FX6F9577W0	10	QPSK	25	25	24.5	23.58	1	-0.05	1:1	1.236	0.136	0.168	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population												Extremity 4.0 W/kg (mW/g) averaged over 10 gram									

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 47 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

**Table 10-23
LTE Band 26 Extremity SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	Scaling Factor	SAR (10g)	Reported SAR (10g)	Plot #	
MHz	Ch.																	(W/kg)	(W/kg)		
819.00	26740	Low	back	0 mm	LTE Band 26 (Cell)	Aluminum	Sport	QL7QC5GJMQ	10	QPSK	1	49	25.5	25.13	0	0.02	1:1	1.089	0.127	0.138	
819.00	26740	Low	back	0 mm	LTE Band 26 (Cell)	Aluminum	Sport	QL7QC5GJMQ	10	QPSK	25	25	24.5	24.19	1	-0.12	1:1	1.074	0.104	0.112	
819.00	26740	Low	back	0 mm	LTE Band 26 (Cell)	Aluminum	Metal Links	QL7QC5GJMQ	10	QPSK	1	49	25.5	25.13	0	-0.04	1:1	1.089	0.169	0.184	
819.00	26740	Low	back	0 mm	LTE Band 26 (Cell)	Aluminum	Metal Links	QL7QC5GJMQ	10	QPSK	25	25	24.5	24.19	1	0.02	1:1	1.074	0.080	0.086	
819.00	26740	Low	back	0 mm	LTE Band 26 (Cell)	Aluminum	Metal Loop	QL7QC5GJMQ	10	QPSK	1	49	25.5	25.13	0	-0.17	1:1	1.089	0.146	0.159	
819.00	26740	Low	back	0 mm	LTE Band 26 (Cell)	Aluminum	Metal Loop	QL7QC5GJMQ	10	QPSK	25	25	24.5	24.19	1	0.07	1:1	1.074	0.111	0.119	
819.00	26740	Low	back	0 mm	LTE Band 26 (Cell)	Aluminum	Sport	L4CRHH71J0	10	QPSK	1	49	25.5	25.13	0	0.00	1:1	1.089	0.115	0.125	
819.00	26740	Low	back	0 mm	LTE Band 26 (Cell)	Stainless Steel	Sport	L4CRHH71J0	10	QPSK	25	25	24.5	24.19	1	0.04	1:1	1.074	0.092	0.099	
819.00	26740	Low	back	0 mm	LTE Band 26 (Cell)	Stainless Steel	Metal Links	L4CRHH71J0	10	QPSK	1	49	25.5	25.13	0	-0.01	1:1	1.089	0.200	0.218	A23
831.50	26865	Mid	back	0 mm	LTE Band 26 (Cell)	Stainless Steel	Metal Links	L4CRHH71J0	10	QPSK	1	0	25.5	25.11	0	-0.14	1:1	1.094	0.129	0.141	
844.00	26990	High	back	0 mm	LTE Band 26 (Cell)	Stainless Steel	Metal Links	L4CRHH71J0	10	QPSK	1	25	25.5	25.09	0	0.11	1:1	1.099	0.161	0.177	
819.00	26740	Low	back	0 mm	LTE Band 26 (Cell)	Stainless Steel	Metal Links	L4CRHH71J0	10	QPSK	25	25	24.5	24.19	1	-0.10	1:1	1.074	0.155	0.166	
819.00	26740	Low	back	0 mm	LTE Band 26 (Cell)	Stainless Steel	Metal Loop	L4CRHH71J0	10	QPSK	1	49	25.5	25.13	0	0.08	1:1	1.089	0.140	0.152	
819.00	26740	Low	back	0 mm	LTE Band 26 (Cell)	Stainless Steel	Metal Loop	L4CRHH71J0	10	QPSK	25	25	24.5	24.19	1	-0.07	1:1	1.074	0.109	0.117	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT												Extremity									
Spatial Peak												4.0 W/kg (mW/g)									
Uncontrolled Exposure/General Population												averaged over 10 grams									

**Table 10-24
LTE Band 5 Extremity SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	Scaling Factor	SAR (10g)	Reported SAR (10g)	Plot #	
MHz	Ch.																	(W/kg)	(W/kg)		
836.50	20525	Mid	back	0 mm	LTE Band 5 (Cell)	Aluminum	Sport	F54J2MTGW6	10	QPSK	1	49	25.5	24.99	0	-0.06	1:1	1.125	0.120	0.135	
836.50	20525	Mid	back	0 mm	LTE Band 5 (Cell)	Aluminum	Sport	F54J2MTGW6	10	QPSK	25	0	24.5	23.99	1	-0.07	1:1	1.125	0.097	0.109	
836.50	20525	Mid	back	0 mm	LTE Band 5 (Cell)	Aluminum	Metal Links	F54J2MTGW6	10	QPSK	1	49	25.5	24.99	0	0.16	1:1	1.125	0.305	0.343	A24
836.50	20525	Mid	back	0 mm	LTE Band 5 (Cell)	Aluminum	Metal Links	F54J2MTGW6	10	QPSK	25	0	24.5	23.99	1	-0.12	1:1	1.125	0.222	0.250	
836.50	20525	Mid	back	0 mm	LTE Band 5 (Cell)	Aluminum	Metal Loop	F54J2MTGW6	10	QPSK	1	49	25.5	24.99	0	-0.10	1:1	1.125	0.150	0.169	
836.50	20525	Mid	back	0 mm	LTE Band 5 (Cell)	Aluminum	Metal Loop	F54J2MTGW6	10	QPSK	25	0	24.5	23.99	1	0.03	1:1	1.125	0.141	0.159	
836.50	20525	Mid	back	0 mm	LTE Band 5 (Cell)	Stainless Steel	Sport	DFD22FV16F	10	QPSK	1	49	25.5	24.99	0	0.05	1:1	1.125	0.127	0.143	
836.50	20525	Mid	back	0 mm	LTE Band 5 (Cell)	Stainless Steel	Sport	DFD22FV16F	10	QPSK	25	0	24.5	23.99	1	0.08	1:1	1.125	0.116	0.131	
836.50	20525	Mid	back	0 mm	LTE Band 5 (Cell)	Stainless Steel	Metal Links	DFD22FV16F	10	QPSK	1	49	25.5	24.99	0	-0.12	1:1	1.125	0.243	0.273	
836.50	20525	Mid	back	0 mm	LTE Band 5 (Cell)	Stainless Steel	Metal Links	DFD22FV16F	10	QPSK	25	0	24.5	23.99	1	-0.01	1:1	1.125	0.166	0.187	
836.50	20525	Mid	back	0 mm	LTE Band 5 (Cell)	Stainless Steel	Metal Loop	DFD22FV16F	10	QPSK	1	49	25.5	24.99	0	0.03	1:1	1.125	0.138	0.155	
836.50	20525	Mid	back	0 mm	LTE Band 5 (Cell)	Stainless Steel	Metal Loop	DFD22FV16F	10	QPSK	25	0	24.5	23.99	1	0.09	1:1	1.125	0.103	0.116	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT												Extremity									
Spatial Peak												4.0 W/kg (mW/g)									
Uncontrolled Exposure/General Population												averaged over 10 grams									

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 48 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

**Table 10-25
LTE Band 66 Extremity SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	Scaling Factor	SAR (10g)	Reported SAR (10g)	Plot #	
MHz	Ch.																	(W/kg)	(W/kg)		
1745.00	132322	Mid	back	0 mm	LTE Band 66 (AWS)	Aluminum	Sport	MT4YKY2W3T	20	QPSK	1	99	24.5	23.48	0	-0.09	1:1	1.265	0.057	0.072	
1745.00	132322	Mid	back	0 mm	LTE Band 66 (AWS)	Aluminum	Sport	MT4YKY2W3T	20	QPSK	50	0	23.5	22.74	1	-0.05	1:1	1.191	0.042	0.050	
1745.00	132322	Mid	back	0 mm	LTE Band 66 (AWS)	Aluminum	Metal Links	MT4YKY2W3T	20	QPSK	1	99	24.5	23.48	0	0.09	1:1	1.265	0.051	0.065	
1745.00	132322	Mid	back	0 mm	LTE Band 66 (AWS)	Aluminum	Metal Links	MT4YKY2W3T	20	QPSK	50	0	23.5	22.74	1	-0.03	1:1	1.191	0.041	0.049	
1720.00	132072	Low	back	0 mm	LTE Band 66 (AWS)	Aluminum	Metal Loop	MT4YKY2W3T	20	QPSK	1	0	24.5	23.41	0	-0.19	1:1	1.285	0.049	0.063	
1745.00	132322	Mid	back	0 mm	LTE Band 66 (AWS)	Aluminum	Metal Loop	MT4YKY2W3T	20	QPSK	1	99	24.5	23.48	0	-0.18	1:1	1.265	0.062	0.078	A25
1770.00	132572	High	back	0 mm	LTE Band 66 (AWS)	Aluminum	Metal Loop	MT4YKY2W3T	20	QPSK	1	99	24.5	23.23	0	-0.05	1:1	1.340	0.038	0.051	
1745.00	132322	Mid	back	0 mm	LTE Band 66 (AWS)	Aluminum	Metal Loop	MT4YKY2W3T	20	QPSK	50	0	23.5	22.74	1	-0.03	1:1	1.191	0.048	0.057	
1745.00	132322	Mid	back	0 mm	LTE Band 66 (AWS)	Stainless Steel	Sport	KYCQ0W74X1	20	QPSK	1	99	24.5	23.48	0	-0.11	1:1	1.265	0.054	0.068	
1745.00	132322	Mid	back	0 mm	LTE Band 66 (AWS)	Stainless Steel	Sport	KYCQ0W74X1	20	QPSK	50	0	23.5	22.74	1	0.17	1:1	1.191	0.031	0.037	
1745.00	132322	Mid	back	0 mm	LTE Band 66 (AWS)	Stainless Steel	Metal Links	KYCQ0W74X1	20	QPSK	1	99	24.5	23.48	0	-0.12	1:1	1.265	0.060	0.076	
1745.00	132322	Mid	back	0 mm	LTE Band 66 (AWS)	Stainless Steel	Metal Links	KYCQ0W74X1	20	QPSK	50	0	23.5	22.74	1	0.02	1:1	1.191	0.035	0.042	
1745.00	132322	Mid	back	0 mm	LTE Band 66 (AWS)	Stainless Steel	Metal Loop	KYCQ0W74X1	20	QPSK	1	99	24.5	23.48	0	-0.01	1:1	1.265	0.042	0.053	
1745.00	132322	Mid	back	0 mm	LTE Band 66 (AWS)	Stainless Steel	Metal Loop	KYCQ0W74X1	20	QPSK	50	0	23.5	22.74	1	0.00	1:1	1.191	0.021	0.025	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population												Extremity 4.0 W/kg (mW/g) averaged over 10 grams									

**Table 10-26
LTE Band 25 Extremity SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	Scaling Factor	SAR (10g)	Reported SAR (10g)	Plot #	
MHz	Ch.																	(W/kg)	(W/kg)		
1905.00	26590	High	back	0 mm	LTE Band 25 (PCS)	Aluminum	Sport	M62JMMY9D	20	QPSK	1	50	24.5	23.48	0	-0.14	1:1	1.265	0.033	0.042	
1905.00	26590	High	back	0 mm	LTE Band 25 (PCS)	Aluminum	Sport	M62JMMY9D	20	QPSK	50	50	23.5	22.82	1	0.03	1:1	1.169	0.026	0.030	
1905.00	26590	High	back	0 mm	LTE Band 25 (PCS)	Aluminum	Metal Links	M62JMMY9D	20	QPSK	1	50	24.5	23.48	0	-0.20	1:1	1.265	0.030	0.038	
1905.00	26590	High	back	0 mm	LTE Band 25 (PCS)	Aluminum	Metal Links	M62JMMY9D	20	QPSK	50	50	23.5	22.82	1	0.19	1:1	1.169	0.023	0.027	
1860.00	26140	Low	back	0 mm	LTE Band 25 (PCS)	Aluminum	Metal Loop	M62JMMY9D	20	QPSK	1	99	24.5	23.33	0	0.17	1:1	1.309	0.026	0.034	
1882.50	26365	Mid	back	0 mm	LTE Band 25 (PCS)	Aluminum	Metal Loop	M62JMMY9D	20	QPSK	1	99	24.5	23.27	0	0.20	1:1	1.327	0.024	0.032	
1905.00	26590	High	back	0 mm	LTE Band 25 (PCS)	Aluminum	Metal Loop	M62JMMY9D	20	QPSK	1	50	24.5	23.48	0	-0.14	1:1	1.265	0.040	0.051	A26
1905.00	26590	High	back	0 mm	LTE Band 25 (PCS)	Aluminum	Metal Loop	M62JMMY9D	20	QPSK	50	50	23.5	22.82	1	0.02	1:1	1.169	0.009	0.011	
1905.00	26590	High	back	0 mm	LTE Band 25 (PCS)	Stainless Steel	Sport	FX6F9577W0	20	QPSK	1	50	24.5	23.48	0	0.08	1:1	1.265	0.024	0.030	
1905.00	26590	High	back	0 mm	LTE Band 25 (PCS)	Stainless Steel	Sport	FX6F9577W0	20	QPSK	50	50	23.5	22.82	1	-0.04	1:1	1.169	0.020	0.023	
1905.00	26590	High	back	0 mm	LTE Band 25 (PCS)	Stainless Steel	Metal Links	FX6F9577W0	20	QPSK	1	50	24.5	23.48	0	0.07	1:1	1.265	0.024	0.030	
1905.00	26590	High	back	0 mm	LTE Band 25 (PCS)	Stainless Steel	Metal Links	FX6F9577W0	20	QPSK	50	50	23.5	22.82	1	0.03	1:1	1.169	0.021	0.025	
1905.00	26590	High	back	0 mm	LTE Band 25 (PCS)	Stainless Steel	Metal Loop	FX6F9577W0	20	QPSK	1	50	24.5	23.48	0	-0.10	1:1	1.265	0.022	0.028	
1905.00	26590	High	back	0 mm	LTE Band 25 (PCS)	Stainless Steel	Metal Loop	FX6F9577W0	20	QPSK	50	50	23.5	22.82	1	0.20	1:1	1.169	0.015	0.018	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population												Extremity 4.0 W/kg (mW/g) averaged over 10 grams									

FCC ID: BCG-A2984	SAR EVALUATION REPORT		Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 49 of 64	

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

**Table 10-27
LTE Band 7 Extremity SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	Scaling Factor	SAR (10g)	Reported SAR (10g)	Plot #	
MHz	Ch.																	(W/kg)	(W/kg)		
2510.00	20850	Low	back	0 mm	LTE Band 7	Aluminum	Sport	GTXFX2TMHK	20	QPSK	1	0	24.0	22.95	0	0.09	1:1	1.274	0.032	0.041	A27
2535.00	21100	Mid	back	0 mm	LTE Band 7	Aluminum	Sport	GTXFX2TMHK	20	QPSK	1	0	24.0	22.92	0	0.09	1:1	1.282	0.020	0.026	
2560.00	21350	High	back	0 mm	LTE Band 7	Aluminum	Sport	GTXFX2TMHK	20	QPSK	1	0	24.0	22.97	0	-0.19	1:1	1.268	0.018	0.023	
2560.00	21350	High	back	0 mm	LTE Band 7	Aluminum	Sport	GTXFX2TMHK	20	QPSK	50	0	23.0	22.06	1	0.20	1:1	1.242	0.016	0.020	
2560.00	21350	High	back	0 mm	LTE Band 7	Aluminum	Metal Links	GTXFX2TMHK	20	QPSK	1	0	24.0	22.97	0	-0.01	1:1	1.268	0.023	0.029	
2560.00	21350	High	back	0 mm	LTE Band 7	Aluminum	Metal Links	GTXFX2TMHK	20	QPSK	50	0	23.0	22.06	1	-0.17	1:1	1.242	0.019	0.024	
2560.00	21350	High	back	0 mm	LTE Band 7	Aluminum	Metal Loop	GTXFX2TMHK	20	QPSK	1	0	24.0	22.97	0	-0.05	1:1	1.268	0.022	0.028	
2560.00	21350	High	back	0 mm	LTE Band 7	Aluminum	Metal Loop	GTXFX2TMHK	20	QPSK	50	0	23.0	22.06	1	0.04	1:1	1.242	0.014	0.017	
2510.00	20850	Low	back	0 mm	LTE Band 7	Stainless Steel	Sport	MVHCWNGKM	20	QPSK	1	0	24.0	22.95	0	0.04	1:1	1.274	0.026	0.033	
2535.00	21100	Mid	back	0 mm	LTE Band 7	Stainless Steel	Sport	MVHCWNGKM	20	QPSK	1	0	24.0	22.92	0	0.01	1:1	1.282	0.015	0.019	
2560.00	21350	High	back	0 mm	LTE Band 7	Stainless Steel	Sport	MVHCWNGKM	20	QPSK	1	0	24.0	22.97	0	0.16	1:1	1.268	0.024	0.030	
2560.00	21350	High	back	0 mm	LTE Band 7	Stainless Steel	Sport	MVHCWNGKM	20	QPSK	50	0	23.0	22.06	1	0.09	1:1	1.242	0.012	0.015	
2560.00	21350	High	back	0 mm	LTE Band 7	Stainless Steel	Metal Links	MVHCWNGKM	20	QPSK	1	0	24.0	22.97	0	-0.09	1:1	1.268	0.018	0.023	
2560.00	21350	High	back	0 mm	LTE Band 7	Stainless Steel	Metal Links	MVHCWNGKM	20	QPSK	50	0	23.0	22.06	1	0.01	1:1	1.242	0.013	0.016	
2560.00	21350	High	back	0 mm	LTE Band 7	Stainless Steel	Metal Loop	MVHCWNGKM	20	QPSK	1	0	24.0	22.97	0	-0.16	1:1	1.268	0.020	0.025	
2560.00	21350	High	back	0 mm	LTE Band 7	Stainless Steel	Metal Loop	MVHCWNGKM	20	QPSK	50	0	23.0	22.06	1	-0.10	1:1	1.242	0.015	0.019	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population												Extremity 4.0 W/kg (mW/g) averaged over 10 grams									

**Table 10-28
LTE Band 41 Extremity SAR Data**

MEASUREMENT RESULTS																					
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Modulation	RB Size	RB Offset	Maximum Allowed Power [dBm]	Conducted Power [dBm]	MPR [dB]	Power Drift [dB]	Duty Cycle	Scaling Factor	SAR (10g)	Reported SAR (10g)	Plot #	
MHz	Ch.																	(W/kg)	(W/kg)		
2506.00	39750	Low	back	0 mm	LTE Band 41	Aluminum	Sport	NJFT2VQ7C	20	QPSK	1	99	24.0	22.99	0	0.02	1:1.58	1.262	0.014	0.018	
2549.50	40185	Low-Mid	back	0 mm	LTE Band 41	Aluminum	Sport	NJFT2VQ7C	20	QPSK	1	0	24.0	23.02	0	0.03	1:1.58	1.253	0.012	0.015	
2593.00	40620	Mid	back	0 mm	LTE Band 41	Aluminum	Sport	NJFT2VQ7C	20	QPSK	1	50	24.0	22.98	0	-0.18	1:1.58	1.265	0.019	0.024	A28
2636.50	41055	Mid-High	back	0 mm	LTE Band 41	Aluminum	Sport	NJFT2VQ7C	20	QPSK	1	0	24.0	22.74	0	0.03	1:1.58	1.337	0.015	0.020	
2680.00	41490	High	back	0 mm	LTE Band 41	Aluminum	Sport	NJFT2VQ7C	20	QPSK	1	99	24.0	22.48	0	0.08	1:1.58	1.419	0.011	0.016	
2549.50	40185	Low-Mid	back	0 mm	LTE Band 41	Aluminum	Sport	NJFT2VQ7C	20	QPSK	50	0	23.0	21.91	1	0.02	1:1.58	1.285	0.008	0.010	
2549.50	40185	Low-Mid	back	0 mm	LTE Band 41	Aluminum	Metal Links	NJFT2VQ7C	20	QPSK	1	0	24.0	23.02	0	0.09	1:1.58	1.253	0.008	0.010	
2549.50	40185	Low-Mid	back	0 mm	LTE Band 41	Aluminum	Metal Links	NJFT2VQ7C	20	QPSK	50	0	23.0	21.91	1	0.05	1:1.58	1.285	0.006	0.008	
2549.50	40185	Low-Mid	back	0 mm	LTE Band 41	Aluminum	Metal Loop	NJFT2VQ7C	20	QPSK	1	0	24.0	23.02	0	-0.05	1:1.58	1.253	0.008	0.010	
2549.50	40185	Low-Mid	back	0 mm	LTE Band 41	Aluminum	Metal Loop	NJFT2VQ7C	20	QPSK	50	0	23.0	21.91	1	-0.16	1:1.58	1.285	0.006	0.008	
2549.50	40185	Low-Mid	back	0 mm	LTE Band 41	Stainless Steel	Sport	MVHCWNGKM	20	QPSK	1	0	24.0	23.02	0	0.01	1:1.58	1.253	0.008	0.010	
2549.50	40185	Low-Mid	back	0 mm	LTE Band 41	Stainless Steel	Sport	MVHCWNGKM	20	QPSK	50	0	23.0	21.91	1	0.05	1:1.58	1.285	0.004	0.005	
2549.50	40185	Low-Mid	back	0 mm	LTE Band 41	Stainless Steel	Metal Links	MVHCWNGKM	20	QPSK	1	0	24.0	23.02	0	-0.04	1:1.58	1.253	0.003	0.004	
2549.50	40185	Low-Mid	back	0 mm	LTE Band 41	Stainless Steel	Metal Links	MVHCWNGKM	20	QPSK	50	0	23.0	21.91	1	0.11	1:1.58	1.285	0.003	0.004	
2549.50	40185	Low-Mid	back	0 mm	LTE Band 41	Stainless Steel	Metal Loop	MVHCWNGKM	20	QPSK	1	0	24.0	23.02	0	-0.08	1:1.58	1.253	0.005	0.006	
2549.50	40185	Low-Mid	back	0 mm	LTE Band 41	Stainless Steel	Metal Loop	MVHCWNGKM	20	QPSK	50	0	23.0	21.91	1	-0.13	1:1.58	1.285	0.005	0.006	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population												Extremity 4.0 W/kg (mW/g) averaged over 10 gram									

FCC ID: BCG-A2984	SAR EVALUATION REPORT		Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 50 of 64	

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

**Table 10-29
2.4 GHz WLAN Extremity SAR Data**

MEASUREMENT RESULTS																			
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Data Rate (Mbps)	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle (%)	Scaling Factor (Power)	Scaling Factor (Duty Cycle)	SAR (10g)	Reported SAR (10g)	Plot #
MHz	Ch.																(W/kg)	(W/kg)	
2462	11	back	0 mm	802.11b	DSSS	Aluminum	Sport	YJ720H30JD	22	1	19.0	18.20	0.06	99.6	1.202	1.004	0.009	0.011	A29
2462	11	back	0 mm	802.11b	DSSS	Aluminum	Metal Loop	YJ720H30JD	22	1	19.0	18.20	0.06	99.6	1.202	1.004	0.005	0.006	
2462	11	back	0 mm	802.11b	DSSS	Aluminum	Metal Links	YJ720H30JD	22	1	19.0	18.20	0.03	99.6	1.202	1.004	0.006	0.007	
2462	11	back	0 mm	802.11b	DSSS	Stainless Steel	Sport	DFD22FV16F	22	1	19.0	18.20	-0.19	99.6	1.202	1.004	0.007	0.008	
2462	11	back	0 mm	802.11b	DSSS	Stainless Steel	Metal Loop	DFD22FV16F	22	1	19.0	18.20	0.06	99.6	1.202	1.004	0.006	0.007	
2462	11	back	0 mm	802.11b	DSSS	Stainless Steel	Metal Links	DFD22FV16F	22	1	19.0	18.20	0.04	99.6	1.202	1.004	0.006	0.007	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population											Extremity 4.0 W/kg (mW/g) averaged over 10 grams								

**Table 10-30
5 GHz WLAN Extremity SAR Data**

MEASUREMENT RESULTS																			
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Bandwidth [MHz]	Data Rate (Mbps)	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle (%)	Scaling Factor (Power)	Scaling Factor (Duty Cycle)	SAR (10g)	Reported SAR (10g)	Plot #
MHz	Ch.																(W/kg)	(W/kg)	
5320	64	back	0 mm	802.11a	OFDM	Aluminum	Sport	JR215VW6F0	20	6	17.0	16.46	-0.10	98.6	1.132	1.014	0.001	0.001	
5320	64	back	0 mm	802.11a	OFDM	Aluminum	Metal Loop	JR215VW6F0	20	6	17.0	16.46	0.09	98.6	1.132	1.014	0.007	0.008	
5320	64	back	0 mm	802.11a	OFDM	Aluminum	Metal Links	JR215VW6F0	20	6	17.0	16.46	0.08	98.6	1.132	1.014	0.006	0.007	
5600	120	back	0 mm	802.11a	OFDM	Aluminum	Sport	QL7QC5GJMQ	20	6	17.0	16.43	0.02	98.6	1.140	1.014	0.011	0.013	
5600	120	back	0 mm	802.11a	OFDM	Aluminum	Metal Loop	QL7QC5GJMQ	20	6	17.0	16.43	0.07	98.6	1.140	1.014	0.010	0.012	
5600	120	back	0 mm	802.11a	OFDM	Aluminum	Metal Links	QL7QC5GJMQ	20	6	17.0	16.43	0.02	98.6	1.140	1.014	0.017	0.020	
5785	157	back	0 mm	802.11a	OFDM	Aluminum	Sport	QL7QC5GJMQ	20	6	17.0	16.05	0.05	98.6	1.245	1.014	0.020	0.025	A30
5785	157	back	0 mm	802.11a	OFDM	Aluminum	Metal Loop	QL7QC5GJMQ	20	6	17.0	16.05	0.06	98.6	1.245	1.014	0.009	0.011	
5785	157	back	0 mm	802.11a	OFDM	Aluminum	Metal Links	QL7QC5GJMQ	20	6	17.0	16.05	0.09	98.6	1.245	1.014	0.008	0.010	
5320	64	back	0 mm	802.11a	OFDM	Stainless Steel	Sport	J5DX2QXCFX	20	6	17.0	16.46	0.06	98.6	1.132	1.014	0.002	0.002	
5320	64	back	0 mm	802.11a	OFDM	Stainless Steel	Metal Loop	J5DX2QXCFX	20	6	17.0	16.46	0.09	98.6	1.132	1.014	0.014	0.016	
5320	64	back	0 mm	802.11a	OFDM	Stainless Steel	Metal Links	J5DX2QXCFX	20	6	17.0	16.46	0.03	98.6	1.132	1.014	0.002	0.002	
5600	120	back	0 mm	802.11a	OFDM	Stainless Steel	Sport	J5DX2QXCFX	20	6	17.0	16.43	0.07	98.6	1.140	1.014	0.010	0.012	
5600	120	back	0 mm	802.11a	OFDM	Stainless Steel	Metal Loop	J5DX2QXCFX	20	6	17.0	16.43	0.05	98.6	1.140	1.014	0.020	0.023	
5600	120	back	0 mm	802.11a	OFDM	Stainless Steel	Metal Links	J5DX2QXCFX	20	6	17.0	16.43	0.03	98.6	1.140	1.014	0.016	0.018	
5785	157	back	0 mm	802.11a	OFDM	Stainless Steel	Sport	J5DX2QXCFX	20	6	17.0	16.05	0.08	98.6	1.245	1.014	0.020	0.025	
5785	157	back	0 mm	802.11a	OFDM	Stainless Steel	Metal Loop	J5DX2QXCFX	20	6	17.0	16.05	0.07	98.6	1.245	1.014	0.014	0.018	
5785	157	back	0 mm	802.11a	OFDM	Stainless Steel	Metal Links	J5DX2QXCFX	20	6	17.0	16.05	0.02	98.6	1.245	1.014	0.012	0.015	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population											Extremity 4.0 W/kg (mW/g) averaged over 10 grams								

**Table 10-31
Bluetooth Extremity SAR Data**

MEASUREMENT RESULTS																		
FREQUENCY		Side	Spacing	Mode	Service	Housing Type	Wristband Type	Device Serial Number	Data Rate (Mbps)	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle (%)	Scaling Factor (Cond Power)	Scaling Factor (Duty Cycle)	SAR (10g)	Reported SAR (10g)	Plot #
MHz	Ch.															(W/kg)	(W/kg)	
2441	39	back	0 mm	Bluetooth	FHSS	Aluminum	Sport	YJ720H30JD	1	17.5	16.31	0.09	100.0	1.315	1.000	0.003	0.004	
2441	39	back	0 mm	Bluetooth	FHSS	Aluminum	Metal Loop	YJ720H30JD	1	17.5	16.31	0.06	100.0	1.315	1.000	0.003	0.004	A31
2441	39	back	0 mm	Bluetooth	FHSS	Aluminum	Metal Links	YJ720H30JD	1	17.5	16.31	0.06	100.0	1.315	1.000	0.000	0.000	
2441	39	back	0 mm	Bluetooth	FHSS	Stainless Steel	Sport	J36H047CVD	1	17.5	16.31	0.03	100.0	1.315	1.000	0.002	0.003	
2441	39	back	0 mm	Bluetooth	FHSS	Stainless Steel	Metal Loop	J36H047CVD	1	17.5	16.31	0.18	100.0	1.315	1.000	0.001	0.001	
2441	39	back	0 mm	Bluetooth	FHSS	Stainless Steel	Metal Links	J36H047CVD	1	17.5	16.31	0.03	100.0	1.315	1.000	0.002	0.003	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population											Extremity 4.0 W/kg (mW/g) averaged over 10 grams							

FCC ID: BCG-A2984	SAR EVALUATION REPORT		Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch		Page 51 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

**Table 10-32
802.15.4 ab-NB Extremity SAR Data**

MEASUREMENT RESULTS																	
FREQUENCY		Side	Spacing	Mode	Housing Type	Wristband Type	Device Serial Number	Data Rate (Mbps)	Maximum Allowed Power [dBm]	Conducted Power [dBm]	Power Drift [dB]	Duty Cycle (%)	Scaling Factor (Power)	Scaling Factor (Duty Cycle)	SAR (10g)	Reported SAR (10g)	Plot #
MHz	Ch.														(W/kg)	(W/kg)	
5728.75	Low	back	0 mm	802.15.4 ab-NB	Aluminum	Metal Links	QL7QC5GJMQ	1	16	15.80	0.21	8.6	1.047	1.031	0.000	0.000	
5728.75	Low	back	0 mm	802.15.4 ab-NB	Aluminum	Metal Loops	QL7QC5GJMQ	1	16	15.80	-0.21	8.6	1.047	1.031	0.000	0.000	
5728.75	Low	back	0 mm	802.15.4 ab-NB	Aluminum	Sport	QL7QC5GJMQ	1	16	15.80	-0.21	8.6	1.047	1.031	0.000	0.000	
5728.75	Low	back	0 mm	802.15.4 ab-NB	Stainless Steel	Metal Links	J5DX2QXCFX	1	16	15.80	0.21	8.6	1.047	1.031	0.000	0.000	
5728.75	Low	back	0 mm	802.15.4 ab-NB	Stainless Steel	Metal Loops	J5DX2QXCFX	1	16	15.80	-0.21	8.6	1.047	1.031	0.000	0.000	A32
5728.75	Low	back	0 mm	802.15.4 ab-NB	Stainless Steel	Sport	J5DX2QXCFX	1	16	15.80	0.21	8.6	1.047	1.031	0.000	0.000	
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population								Extremity 4 W/kg (mW/g) averaged over 10 gram									

Note: The reported SAR was scaled to the 8.9% transmission duty factor.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 52 of 64

REV 22.0
03/30/2022

10.3 SAR Test Notes

General Notes:

1. The test data reported are the worst-case SAR values according to test procedures specified in FCC KDB Publication 447498 D01v06.
2. Batteries are fully charged at the beginning of the SAR measurements.
3. Liquid tissue depth was at least 15.0 cm for all frequencies.
4. The manufacturer has confirmed that the device(s) tested have the same physical, mechanical, and thermal characteristics and are within operational tolerances expected for production units.
5. SAR results were scaled to the maximum allowed power to demonstrate compliance per FCC KDB Publication 447498 D01v06.
6. Per FCC KDB 865664 D01v01r04, variability SAR tests were performed when the measured SAR results for a frequency band were greater than or equal to 0.8 W/kg. Repeated SAR measurements are highlighted in the tables above for clarity. Please see Section 12 for variability analysis.
7. This device has two housing types: Aluminum, and Stainless Steel. The non-metallic wrist accessory, sport band, was evaluated for all exposure conditions. The available metallic wrist accessories, metal links band and metal loop band, were additionally evaluated.
8. This device is a portable wrist-worn device and does not support any other use conditions. Therefore, the procedures in FCC KDB Publication 447498 D01v06 Section 6.2 have been applied for extremity and next to mouth (head) conditions.
9. Unless otherwise noted, when 10g SAR measurement is considered, a factor of 2.5 is applied to the thresholds below.

UMTS Notes:

1. UMTS mode was tested under RMC 12.2 kbps with HSPA Inactive per KDB Publication 941225 D01v03r01. AMR and HSPA SAR was not required per the 3G Test Reduction Procedure in KDB Publication 941225 D01v03r01.
2. Per FCC KDB Publication 447498 D01v06, if the reported (scaled) SAR measured at the middle channel or highest output power channel for each test configuration is ≤ 0.8 W/kg for 1g evaluations and ≤ 2.0 W/kg for 10g SAR then testing at the other channels is not required for such test configuration(s).

LTE Notes:

1. LTE Considerations: LTE test configurations are determined according to SAR Evaluation Considerations for LTE Devices in FCC KDB Publication 941225 D05v02r04. The general test procedures used for testing can be found in Section 7.5.4.
2. MPR is permanently implemented for this device by the manufacturer. The specific manufacturer target MPR is indicated alongside the SAR results. MPR is enabled for this device, according to 3GPP TS36.101 Section 6.2.3 – 6.2.5 under Table 6.2.3-1.
3. A-MPR was disabled for all SAR tests by setting NS=01 and MCC=001 on the base station simulator. SAR tests were performed with the same number of RB and RB offsets transmitting on all TTI frames (maximum TTI).
4. Per FCC KDB Publication 447498 D01v06, when the reported LTE Band 41 SAR measured at the highest output power channel in a given a test configuration was > 0.6 W/kg for 1g evaluations and > 1.5 W/kg for 10g SAR, testing at the other channels was required for such test configurations.
5. TDD LTE was tested per the guidance provided in FCC KDB Publication 941225 D05v02r04. Testing was performed using UL-DL configuration 0 with 6 UL subframes and 2 S subframes using extended cyclic prefix only and special subframe configuration 6. SAR tests were performed at maximum output power and worst-case transmission duty factor in extended cyclic prefix. Per 3GPP 36.211 Section 4, the duty factor for special subframe configuration 6 using extended cyclic prefix is 0.633.
6. This device can only operate with 16 QAM on the uplink with less than or equal to 27 RB. QPSK and 16QAM LTE powers for RB size of 15 (“50% RB”) and 27 (“100% RB”) were additionally measured to support comparison and SAR test exclusion per KDB 941225 D05v02r04 Section 5.2.4 and 5.3.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 53 of 64

REV 22.0
03/30/2022

WLAN Notes:

1. Justification for test configurations for WLAN per KDB Publication 248227 D01v02r02 for 2.4 GHz WIFI single transmission chain operations, the highest measured maximum output power channel for DSSS was selected for SAR measurement. SAR for OFDM modes (2.4 GHz 802.11g/n) was not required due to the maximum allowed powers and the highest reported DSSS SAR. See Section 7.6.4 for more information.
2. Justification for test configurations for WLAN per KDB Publication 248227 D01v02r02 for 5 GHz WIFI single transmission chain operations, the initial test configuration was selected according to the transmission mode with the highest maximum allowed powers. Other transmission modes were not investigated since the highest reported SAR for initial test configuration adjusted by the ratio of maximum output powers is less than 1.2 W/kg for 1g evaluations. See Section 7.6.5 for more information.
3. When the maximum reported 1g averaged SAR is ≤ 0.8 W/kg, SAR testing on additional channels was not required. Otherwise, SAR for the next highest output power channel was required until the reported SAR result was ≤ 1.20 W/kg for 1g evaluations or all test channels were measured. When 10g SAR measurement is considered, a factor of 2.5 is applied to the thresholds above.
4. The device was configured to transmit continuously at the required data rate, channel bandwidth and signal modulation, using the highest transmission duty factor supported by the test mode tools. The reported SAR was scaled to the 100% transmission duty factor to determine compliance.

Bluetooth Notes

1. To determine compliance, Bluetooth SAR was measured with the maximum power condition. Bluetooth was evaluated with a test mode with 100% transmission duty factor.

802.15.4 ab-NB Notes

1. To determine compliance, 802.15.4 ab-NB reported SAR was scaled to the 8.9% transmission duty factor to determine compliance since the duty factor of the device is limited to 8.9% per the manufacturer. See Section 8.6 for the time domain plot and calculation for the duty factor of the device.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 54 of 64

REV 22.0
03/30/2022

11 FCC MULTI-TX AND ANTENNA SAR CONSIDERATIONS

11.1 Introduction

The following procedures adopted from FCC KDB Publication 447498 D01v06 are applicable to devices with built-in unlicensed transmitters such as 802.11 and Bluetooth devices which may simultaneously transmit with the licensed transmitter.

11.2 Simultaneous Transmission Procedures

This device contains transmitters that may operate simultaneously. Therefore, simultaneous transmission analysis is required. Per FCC KDB Publication 447498 D01v06 4.3.2, simultaneous transmission SAR test exclusion may be applied when the sum of the 1g SAR for all the simultaneous transmitting antennas in a specific a physical test configuration is ≤ 1.6 W/kg. The different test positions in an exposure condition may be considered collectively to determine SAR test exclusion according to the sum of 1g or 10g SAR.

Note: In some cases where simultaneous transmission scenarios overlap with the same power level (for example, cellular band + 2.4 GHz WIFI and cellular band + 2.4 GHz WIFI + 802.15.4 ab-NB), the most conservative SAR summation scenario was evaluated.

11.3 Head SAR Simultaneous Transmission Analysis

For SAR summation, the highest reported SAR across all housing and wristband types was used as a conservative evaluation for the simultaneous transmission analysis.

Table 11-1
Simultaneous Transmission Scenario with 2.4 GHz WLAN, and 802.15.4 ab-NB (Head at 1.0 cm)

Exposure Condition	Mode	3G/4G SAR (W/kg)	2.4 GHz WLAN SAR (W/kg)	802.15.4 ab-NB SAR (W/kg)	Σ SAR (W/kg)
		1	2	3	1+2+3
Head SAR	UMTS 850	0.000	0.385	0.017	0.402
	UMTS 1750	0.399	0.385	0.017	0.801
	UMTS 1900	0.525	0.385	0.017	0.927
	LTE Band 12	0.007	0.385	0.017	0.409
	LTE Band 13	0.004	0.385	0.017	0.406
	LTE Band 14	0.008	0.385	0.017	0.410
	LTE Band 26 (Cell)	0.001	0.385	0.017	0.403
	LTE Band 5 (Cell)	0.002	0.385	0.017	0.404
	LTE Band 66 (AWS)	0.558	0.385	0.017	0.960
	LTE Band 25 (PCS)	0.648	0.385	0.017	1.050
	LTE Band 7	1.024	0.385	0.017	1.426
LTE Band 41	0.475	0.385	0.017	0.877	

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 55 of 64

REV 22.0
03/30/2022

Table 11-2
Simultaneous Transmission Scenario with Bluetooth, and 5 GHz WLAN (Head at 1.0 cm)

Exposure Condition	Mode	3G/4G SAR (W/kg)	Bluetooth SAR (W/kg)	5 GHz WLAN SAR (W/kg)	Σ SAR (W/kg)
		1	2	3	
Head SAR	UMTS 850	0.000	0.318	0.240	0.558
	UMTS 1750	0.399	0.318	0.240	0.957
	UMTS 1900	0.525	0.318	0.240	1.083
	LTE Band 12	0.007	0.318	0.240	0.565
	LTE Band 13	0.004	0.318	0.240	0.562
	LTE Band 14	0.008	0.318	0.240	0.566
	LTE Band 26 (Cell)	0.001	0.318	0.240	0.559
	LTE Band 5 (Cell)	0.002	0.318	0.240	0.560
	LTE Band 66 (AWS)	0.558	0.318	0.240	1.116
	LTE Band 25 (PCS)	0.648	0.318	0.240	1.206
	LTE Band 7	1.024	0.318	0.240	1.582
LTE Band 41	0.475	0.318	0.240	1.033	

Table 11-3
Simultaneous Transmission Scenario with Bluetooth, and 802.15.4 ab-NB (Head at 1.0 cm)

Exposure Condition	Mode	3G/4G SAR (W/kg)	Bluetooth SAR (W/kg)	802.15.4 ab-NB SAR (W/kg)	Σ SAR (W/kg)
		1	2	3	
Head SAR	UMTS 850	0.000	0.318	0.017	0.335
	UMTS 1750	0.399	0.318	0.017	0.734
	UMTS 1900	0.525	0.318	0.017	0.860
	LTE Band 12	0.007	0.318	0.017	0.342
	LTE Band 13	0.004	0.318	0.017	0.339
	LTE Band 14	0.008	0.318	0.017	0.343
	LTE Band 26 (Cell)	0.001	0.318	0.017	0.336
	LTE Band 5 (Cell)	0.002	0.318	0.017	0.337
	LTE Band 66 (AWS)	0.558	0.318	0.017	0.893
	LTE Band 25 (PCS)	0.648	0.318	0.017	0.983
	LTE Band 7	1.024	0.318	0.017	1.359
LTE Band 41	0.475	0.318	0.017	0.810	

Table 11-4
Simultaneous Transmission Scenario with Bluetooth, 5 GHz WLAN, and 802.15.4 ab-NB (Head at 1.0 cm)

Exposure Condition	Bluetooth SAR (W/kg)	5 GHz WLAN SAR (W/kg)	802.15.4 ab-NB SAR (W/kg)	Σ SAR (W/kg)	Σ SAR (W/kg)
	1	2	3	1+2	1+3
Head SAR	0.318	0.240	0.017	0.558	0.335

Table 11-5
Simultaneous Transmission Scenario with 802.15.4 ab-NB, and 2.4 GHz WLAN (Head at 1.0 cm)

Exposure Condition	802.15.4 ab-NB SAR (W/kg)	2.4 GHz WLAN SAR (W/kg)	Σ SAR (W/kg)
	1	2	1+2
Head SAR	0.017	0.385	0.402

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 56 of 64

REV 22.0
03/30/2022

11.4 Extremity SAR Simultaneous Transmission Analysis

For SAR summation, the highest reported SAR across all housing and wristband types was used as a conservative evaluation for the simultaneous transmission analysis.

Table 11-6
Simultaneous Transmission Scenario with 2.4 GHz WLAN, and 802.15.4 ab-NB (Extremity at 0.0 cm)

Exposure Condition	Mode	3G/4G SAR (W/kg)	2.4 GHz WLAN SAR (W/kg)	802.15.4 ab-NB SAR (W/kg)	Σ SAR (W/kg)
		1	2	3	1+2+3
Extremity SAR	UMTS 850	0.277	0.011	0.000	0.288
	UMTS 1750	0.060	0.011	0.000	0.071
	UMTS 1900	0.044	0.011	0.000	0.055
	LTE Band 12	0.254	0.011	0.000	0.265
	LTE Band 13	0.326	0.011	0.000	0.337
	LTE Band 14	0.301	0.011	0.000	0.312
	LTE Band 26 (Cell)	0.218	0.011	0.000	0.229
	LTE Band 5 (Cell)	0.343	0.011	0.000	0.354
	LTE Band 66 (AWS)	0.078	0.011	0.000	0.089
	LTE Band 25 (PCS)	0.051	0.011	0.000	0.062
	LTE Band 7	0.041	0.011	0.000	0.052
	LTE Band 41	0.024	0.011	0.000	0.035

Table 11-7
Simultaneous Transmission Scenario with Bluetooth and 5 GHz WLAN (Extremity at 0.0 cm)

Exposure Condition	Mode	3G/4G SAR (W/kg)	Bluetooth SAR (W/kg)	5 GHz WLAN SAR (W/kg)	Σ SAR (W/kg)
		1	2	3	1+2+3
Extremity SAR	UMTS 850	0.277	0.004	0.025	0.306
	UMTS 1750	0.060	0.004	0.025	0.089
	UMTS 1900	0.044	0.004	0.025	0.073
	LTE Band 12	0.254	0.004	0.025	0.283
	LTE Band 13	0.326	0.004	0.025	0.355
	LTE Band 14	0.301	0.004	0.025	0.330
	LTE Band 26 (Cell)	0.218	0.004	0.025	0.247
	LTE Band 5 (Cell)	0.343	0.004	0.025	0.372
	LTE Band 66 (AWS)	0.078	0.004	0.025	0.107
	LTE Band 25 (PCS)	0.051	0.004	0.025	0.080
	LTE Band 7	0.041	0.004	0.025	0.070
	LTE Band 41	0.024	0.004	0.025	0.053

Table 11-8
Simultaneous Transmission Scenario with Bluetooth and 802.15.4 ab-NB (Extremity at 0.0 cm)

Exposure Condition	Mode	3G/4G SAR (W/kg)	Bluetooth SAR (W/kg)	802.15.4 ab-NB SAR (W/kg)	Σ SAR (W/kg)
		1	2	3	1+2+3
Extremity SAR	UMTS 850	0.277	0.004	0.000	0.281
	UMTS 1750	0.060	0.004	0.000	0.064
	UMTS 1900	0.044	0.004	0.000	0.048
	LTE Band 12	0.254	0.004	0.000	0.258
	LTE Band 13	0.326	0.004	0.000	0.330
	LTE Band 14	0.301	0.004	0.000	0.305
	LTE Band 26 (Cell)	0.218	0.004	0.000	0.222
	LTE Band 5 (Cell)	0.343	0.004	0.000	0.347
	LTE Band 66 (AWS)	0.078	0.004	0.000	0.082
	LTE Band 25 (PCS)	0.051	0.004	0.000	0.055
	LTE Band 7	0.041	0.004	0.000	0.045
	LTE Band 41	0.024	0.004	0.000	0.028

FCC ID: BCG-A2984	SAR EVALUATION REPORT		Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 57 of 64	

REV 22.0
03/30/2022

Table 11-9

Simultaneous Transmission Scenario with Bluetooth, 5 GHz WLAN and 802.15.4 ab-NB (Extremity at 0.0 cm)

Exposure Condition	Bluetooth SAR (W/kg)	5 GHz WLAN SAR (W/kg)	802.15.4 ab-NB SAR (W/kg)	Σ SAR (W/kg)	Σ SAR (W/kg)
	1	2	3	1+2	1+3
Head SAR	0.004	0.025	0.000	0.029	0.004

Table 11-10

Simultaneous Transmission Scenario with 802.15.4 ab-NB and 2.4 GHz WLAN (Extremity at 0.0 cm)

Exposure Condition	802.15.4 ab-NB SAR (W/kg)	2.4 GHz WLAN SAR (W/kg)	Σ SAR (W/kg)
	1	2	1+2
Head SAR	0.000	0.011	0.011

11.5 Simultaneous Transmission Conclusion

The above numerical summed SAR results for all the worst-case simultaneous transmission conditions were below the SAR limit. Therefore, the above analysis is sufficient to determine that simultaneous transmission cases will not exceed the SAR limit and therefore no measured volumetric simultaneous SAR summation is required per FCC KDB Publication 447498 D01v06.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 58 of 64

REV 22.0
03/30/2022

12 SAR MEASUREMENT VARIABILITY

12.1 Measurement Variability

Per FCC KDB Publication 865664 D01v01r04, SAR measurement variability was assessed for each frequency band, which was determined by the SAR probe calibration point and tissue-equivalent medium used for the device measurements. When both head and body tissue-equivalent media were required for SAR measurements in a frequency band, the variability measurement procedures were applied to the tissue medium with the highest measured SAR, using the highest measured SAR configuration for that tissue-equivalent medium. These additional measurements were repeated after the completion of all measurements requiring the same head or body tissue-equivalent medium in a frequency band. The test device was returned to ambient conditions (normal room temperature) with the battery fully charged before it was re-mounted on the device holder for the repeated measurement(s) to minimize any unexpected variations in the repeated results.

SAR Measurement Variability was assessed using the following procedures for each frequency band:

- 1) When the original highest measured SAR is ≥ 0.80 W/kg, the measurement was repeated once.
- 2) A second repeated measurement was performed only if the ratio of largest to smallest SAR for the original and first repeated measurements was > 1.20 or when the original or repeated measurement was ≥ 1.45 W/kg (~ 10% from the 1g SAR limit).
- 3) A third repeated measurement was performed only if the original, first or second repeated measurement was ≥ 1.5 W/kg and the ratio of largest to smallest SAR for the original, first and second repeated measurements is > 1.20 .
- 4) Repeated measurements are not required when the original highest measured SAR is < 0.80 W/kg
- 5) When 10g SAR measurement is considered, a factor of 2.5 is applied to the thresholds above.

**Table 12-1
Head SAR Measurement Variability Results**

HEAD SAR VARIABILITY RESULTS																
Band	Frequency		Mode	Service	Data Rate (Mbps)	Side	Spacing	Housing Type	Wristband Type	Measured SAR (1g)	1st Repeated SAR (1g)	Ratio	2nd Repeated SAR (1g)	Ratio	3rd Repeated SAR (1g)	Ratio
	MHz	Ch.														
2450	2510.00	20850	LTE Band 7, 20 MHz Bandwidth	QPSK, 1 RB, 0 RB Offset	N/A	Front	10 mm	Aluminum	Sport	0.804	0.756	1.06	N/A	N/A	N/A	N/A
ANSI / IEEE C95.1 1992 - SAFETY LIMIT Spatial Peak Uncontrolled Exposure/General Population									Head 1.6 W/kg (mW/g) averaged over 1 gram							

12.2 Measurement Uncertainty

The measured SAR was < 1.5 W/kg for 1g and < 3.75 W/kg for 10g for all frequency bands. Therefore, per KDB Publication 865664 D01v01r04, the extended measurement uncertainty analysis was not required.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 59 of 64

REV 22.0
03/30/2022

13 EQUIPMENT LIST

Manufacturer	Model	Description	Cal Date	Cal Interval	Cal Due	Serial Number
Agilent	E4404B	Spectrum Analyzer	N/A	N/A	N/A	M45113242
Agilent	E4438C	ESG Vector Signal Generator	4/25/2023	Annual	4/25/2024	US41460739
Agilent	E4438C	ESG Vector Signal Generator	11/17/2022	Annual	11/17/2023	M45092852
Agilent	N5182A	MXG Vector Signal Generator	4/1/2023	Annual	4/1/2024	M447420837
Agilent	N5182A	MXG Vector Signal Generator	11/17/2022	Annual	11/17/2023	US46240505
Agilent	8753ES	S-Parameter Vector Network Analyzer	6/2/2023	Annual	6/2/2024	M490003841
Agilent	8753ES	S-Parameter Vector Network Analyzer	6/14/2022	Annual	6/14/2023	US39170118
Amplifier Research	1551G6	Amplifier	CBT	N/A	CBT	343972
Amplifier Research	1551G6	Amplifier	CBT	N/A	CBT	343971
Amplifier Research	150A100C	Amplifier	CBT	N/A	CBT	350132
Anritsu	MN8110B	I/O Adaptor	CBT	N/A	CBT	6261747881
Anritsu	ML2496A	Power Meter	6/15/2023	Annual	6/15/2024	1138001
Anritsu	ML2496A	Power Meter	8/16/2022	Annual	8/16/2023	1351001
Anritsu	MA2411B	Pulse Power Sensor	6/15/2023	Annual	6/15/2024	1130666
Anritsu	MA2411B	Pulse Power Sensor	6/15/2023	Annual	6/15/2024	1339007
Anritsu	MT8821C	Radio Communication Analyzer MT8821C	3/31/2023	Annual	3/31/2024	6201381794
Anritsu	MT8821C	Radio Communication Analyzer MT8821C	1/20/2023	Annual	1/20/2024	620144419
Anritsu	MT8821C	Radio Communication Analyzer MT8821C	1/10/2023	Annual	1/10/2024	6201524637
Anritsu	MT8821C	Radio Communication Analyzer MT8821C	11/28/2022	Annual	11/28/2023	6262150047
Anritsu	MA24106A	USB Power Sensor	6/15/2023	Annual	6/15/2024	1827530
Anritsu	MA24106A	USB Power Sensor	6/15/2023	Annual	6/15/2024	1827532
Mini-Circuits	PWR-4GH5	USB Power Sensor	11/11/2022	Annual	11/11/2023	11710030062
Control Company	4352	Long Stem Thermometer	9/10/2021	Biennial	9/10/2023	210774678
Control Company	4352	Long Stem Thermometer	9/10/2021	Biennial	9/10/2023	210774685
Control Company	4352	Long Stem Thermometer	9/10/2021	Biennial	9/10/2023	210774675
Control Company	4040	Therm / Clock / Humidity Monitor	1/17/2023	Annual	1/17/2024	160574418
Mitutoyo	500-196-30	CD-6 ASX 6inch Digital Caliper	2/16/2022	Triennial	2/16/2025	A20238413
Keysight Technologies	NG1959	DC Power Analyzer	5/21/2023	Triennial	5/21/2024	MK33004659
Keysight Technologies	NR200A	MMA Signal Analyzer	3/15/2023	Annual	3/15/2024	US46470561
MCL	BW-N6W5+	6dB Attenuator	CBT	N/A	CBT	1139
Mini-Circuits	VLF-600D+	Low Pass Filter DC to 6000 MHz	CBT	N/A	CBT	N/A
Mini-Circuits	BW-N20W5+	DC to 18 GHz Precision Fixed 20 dB Attenuator	CBT	N/A	CBT	N/A
Mini-Circuits	NLP-1200+	Low Pass Filter DC to 1000 MHz	CBT	N/A	CBT	N/A
Mini-Circuits	NLP-2950+	Low Pass Filter DC to 2700 MHz	CBT	N/A	CBT	N/A
Mini-Circuits	BW-N20W5	Power Attenuator	CBT	N/A	CBT	1226
Mini-Circuits	ZUDC10-83-S+	Directional Coupler	CBT	N/A	CBT	2050
Narda	4772-3	Attenuator (3dB)	CBT	N/A	CBT	9406
Narda	BW-53W2	Attenuator (3dB)	CBT	N/A	CBT	120
Seekonk	TSF-100	Torque Wrench	11/28/2022	Annual	11/28/2024	47639-29
Rohde & Schwarz	CMW500	Wideband Radio Communication Tester	6/1/2023	Annual	6/1/2024	108843
Rohde & Schwarz	CMW500	Wideband Radio Communication Tester	6/1/2023	Annual	6/1/2024	165843
Rohde & Schwarz	CMW500	Wideband Radio Communication Tester	4/5/2023	Annual	4/5/2024	167284
Rohde & Schwarz	CMW500	Wideband Radio Communication Tester	3/24/2023	Annual	3/24/2024	167285
SPEAG	DAK-3.5	Dielectric Assessment Kit	5/9/2023	Annual	5/9/2024	1070
SPEAG	DAKS-3.5	Portable Dielectric Assessment Kit	9/19/2022	Annual	9/19/2023	1045
SPEAG	MAIA	Modulation and Audio Interference Analyzer	N/A	N/A	N/A	1559
SPEAG	MAIA	Modulation and Audio Interference Analyzer	N/A	N/A	N/A	1529
SPEAG	MAIA	Modulation and Audio Interference Analyzer	N/A	N/A	N/A	1243
SPEAG	D750V3	750 MHz SAR Dipole	9/8/2020	Triennial	9/8/2023	1097
SPEAG	D750V3	750 MHz SAR Dipole	5/11/2021	Biennial	5/11/2024	1034
SPEAG	D835V2	835 MHz SAR Dipole	5/16/2022	Biennial	5/16/2024	460
SPEAG	D1750V2	1750 MHz SAR Dipole	9/9/2020	Triennial	9/9/2023	1104
SPEAG	D1750V2	1750 MHz SAR Dipole	5/10/2022	Annual	5/10/2024	1083
SPEAG	D1900V2	1900 MHz SAR Dipole	9/10/2020	Triennial	9/10/2023	54181
SPEAG	D1900V2	1900 MHz SAR Dipole	8/10/2020	Triennial	8/10/2023	54180
SPEAG	D2450V2	2450 MHz SAR Dipole	11/9/2021	Biennial	11/9/2023	921
SPEAG	D2600V2	2600 MHz SAR Dipole	9/9/2020	Triennial	9/9/2023	1069
SPEAG	D5GHZV2	5GHz SAR Dipole	11/17/2022	Annual	11/17/2023	1066
SPEAG	D5GHZV2	5 GHz SAR Dipole	3/22/2022	Biennial	3/22/2024	1123
SPEAG	DAE4	Dasy Data Acquisition Electronics	2/15/2023	Annual	2/15/2024	467
SPEAG	DAE4	Dasy Data Acquisition Electronics	3/13/2023	Annual	3/13/2024	1408
SPEAG	DAE4	Dasy Data Acquisition Electronics	3/15/2023	Annual	3/15/2024	604
SPEAG	DAE4	Dasy Data Acquisition Electronics	2/15/2023	Annual	2/15/2024	1403
SPEAG	DAE4	Dasy Data Acquisition Electronics	12/13/2022	Annual	12/13/2023	1644
SPEAG	DAE4	Dasy Data Acquisition Electronics	4/14/2023	Annual	4/14/2024	501
SPEAG	DAE4	Dasy Data Acquisition Electronics	10/13/2022	Annual	10/13/2023	1333
SPEAG	DAE4	Dasy Data Acquisition Electronics	11/14/2022	Annual	11/14/2023	1237
SPEAG	EX3DV4	SAR Probe	3/16/2023	Annual	3/16/2024	7638
SPEAG	EX3DV4	SAR Probe	3/16/2023	Annual	3/16/2024	7421
SPEAG	EX3DV4	SAR Probe	11/14/2022	Annual	11/14/2023	3746
SPEAG	EX3DV4	SAR Probe	2/13/2023	Annual	2/13/2024	7427
SPEAG	EX3DV4	SAR Probe	12/9/2022	Annual	12/9/2023	7490
SPEAG	EX3DV4	SAR Probe	4/18/2023	Annual	4/18/2024	7532
SPEAG	EX3DV4	SAR Probe	10/20/2022	Annual	10/20/2023	7420
SPEAG	EX3DV4	SAR Probe	2/13/2023	Annual	2/13/2024	7308

Note: CBT (Calibrated Before Testing). Prior to testing, the measurement paths containing a cable, amplifier, attenuator, coupler, or filter were connected to a calibrated source (i.e., a signal generator) to determine the losses of the measurement path. The power meter offset was then adjusted to compensate for the measurement system losses. This level offset is stored within the power meter before measurements are made. This calibration verification procedure applies to the system verification and output power measurements. The calibrated reading is then taken directly from the power meter after compensation of the losses for all final power measurements. Each equipment item was used solely within its respective calibration period.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 60 of 64

REV 22.0
03/30/2022

Unless otherwise specified, no part of this report may be reproduced or utilized in any part, form or by any means, electronic or mechanical, including photocopying and microfilm, without permission in writing from Element. If you have any questions or have an enquiry about obtaining additional rights to this report or assembly of contents thereof, please contact CT.INFO@ELEMENT.COM.

14 MEASUREMENT UNCERTAINTIES

a	b	c	d	e= f(d,k)	f	g	h = c x f/e	i = c x g/e	k
Uncertainty Component	IEEE 1528 Sec.	Tol. (± %)	Prob. Dist.	Div.	c _i 1gm	c _i 10 gms	1gm u _i (± %)	10gms u _i (± %)	v _i
Measurement System									
Probe Calibration	E.2.1	7	N	1	1	1	7.0	7.0	∞
Axial Isotropy	E.2.2	0.25	N	1	0.7	0.7	0.2	0.2	∞
Hemishperical Isotropy	E.2.2	1.3	N	1	0.7	0.7	0.9	0.9	∞
Boundary Effect	E.2.3	2	R	1.732	1	1	1.2	1.2	∞
Linearity	E.2.4	0.3	N	1	1	1	0.3	0.3	∞
System Detection Limits	E.2.4	0.25	R	1.732	1	1	0.1	0.1	∞
Modulation Response	E.2.5	4.8	R	1.732	1	1	2.8	2.8	∞
Readout Electronics	E.2.6	0.3	N	1	1	1	0.3	0.3	∞
Response Time	E.2.7	0.8	R	1.732	1	1	0.5	0.5	∞
Integration Time	E.2.8	2.6	R	1.732	1	1	1.5	1.5	∞
RF Ambient Conditions - Noise	E.6.1	3	R	1.732	1	1	1.7	1.7	∞
RF Ambient Conditions - Reflections	E.6.1	3	R	1.732	1	1	1.7	1.7	∞
Probe Positioner Mechanical Tolerance	E.6.2	0.8	R	1.732	1	1	0.5	0.5	∞
Probe Positioning w/ respect to Phantom	E.6.3	6.7	R	1.732	1	1	3.9	3.9	∞
Extrapolation, Interpolation & Integration algorithms for Max. SAR Evaluation	E.5	4	R	1.732	1	1	2.3	2.3	∞
Test Sample Related									
Test Sample Positioning	E.4.2	3.12	N	1	1	1	3.1	3.1	35
Device Holder Uncertainty	E.4.1	1.67	N	1	1	1	1.7	1.7	5
Output Power Variation - SAR drift measurement	E.2.9	5	R	1.732	1	1	2.9	2.9	∞
SAR Scaling	E.6.5	0	R	1.732	1	1	0.0	0.0	∞
Phantom & Tissue Parameters									
Phantom Uncertainty (Shape & Thickness tolerances)	E.3.1	7.6	R	1.73	1.0	1.0	4.4	4.4	∞
Liquid Conductivity - measurement uncertainty	E.3.3	4.3	N	1	0.78	0.71	3.3	3.0	76
Liquid Permittivity - measurement uncertainty	E.3.3	4.2	N	1	0.23	0.26	1.0	1.1	75
Liquid Conductivity - Temperature Uncertainty	E.3.4	3.4	R	1.732	0.78	0.71	1.5	1.4	∞
Liquid Permittivity - Temperature Unceritainty	E.3.4	0.6	R	1.732	0.23	0.26	0.1	0.1	∞
Liquid Conductivity - deviation from target values	E.3.2	5.0	R	1.73	0.64	0.43	1.8	1.2	∞
Liquid Permittivity - deviation from target values	E.3.2	5.0	R	1.73	0.60	0.49	1.7	1.4	∞
Combined Standard Uncertainty (k=1)	RSS						12.2	12.0	191
Expanded Uncertainty (95% CONFIDENCE LEVEL)	k=2						24.4	24.0	

The above measurement uncertainties are according to IEEE Std. 1528-2013

FCC ID: BCG-A2984	SAR EVALUATION REPORT		Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch		Page 61 of 64

REV 22.0
03/30/2022

15 CONCLUSION

15.1 Measurement Conclusion

The SAR evaluation indicates that the EUT complies with the RF radiation exposure limits of the FCC and Innovation, Science, and Economic Development Canada, with respect to all parameters subject to this test. These measurements were taken to simulate the RF effects of RF exposure under worst-case conditions. Precise laboratory measures were taken to assure repeatability of the tests. The results and statements relate only to the item(s) tested.

Please note that the absorption and distribution of electromagnetic energy in the body are very complex phenomena that depend on the mass, shape, and size of the body, the orientation of the body with respect to the field vectors, and the electrical properties of both the body and the environment. Other variables that may play a substantial role in possible biological effects are those that characterize the environment (e.g., ambient temperature, air velocity, relative humidity, and body insulation) and those that characterize the individual (e.g., age, gender, activity level, debilitation, or disease). Because various factors may interact with one another to vary the specific biological outcome of an exposure to electromagnetic fields, any protection guide should consider maximal amplification of biological effects as a result of field-body interactions, environmental conditions, and physiological variables. [3]

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 62 of 64

REV 22.0
03/30/2022

16 REFERENCES

- [1] Federal Communications Commission, ET Docket 93-62, Guidelines for Evaluating the Environmental Effects of Radiofrequency Radiation, Aug. 1996.
- [2] ANSI/IEEE C95.1-2005, American National Standard safety levels with respect to human exposure to radio frequency electromagnetic fields, 3kHz to 300GHz, New York: IEEE, 2006.
- [3] ANSI/IEEE C95.1-1992, American National Standard safety levels with respect to human exposure to radio frequency electromagnetic fields, 3kHz to 300GHz, New York: IEEE, Sept. 1992.
- [4] ANSI/IEEE C95.3-2002, IEEE Recommended Practice for the Measurement of Potentially Hazardous Electromagnetic Fields - RF and Microwave, New York: IEEE, December 2002.
- [5] IEEE Standards Coordinating Committee 39 –Standards Coordinating Committee 34 – IEEE Std. 1528-2013, IEEE Recommended Practice for Determining the Peak Spatial-Average Specific Absorption Rate (SAR) in the Human Head from Wireless Communications Devices: Measurement Techniques.
- [6] NCRP, National Council on Radiation Protection and Measurements, Biological Effects and Exposure Criteria for RadioFrequency Electromagnetic Fields, NCRP Report No. 86, 1986. Reprinted Feb. 1995.
- [7] T. Schmid, O. Egger, N. Kuster, Automated E-field scanning system for dosimetric assessments, IEEE Transaction on Microwave Theory and Techniques, vol. 44, Jan. 1996, pp. 105-113.
- [8] K. Pokovic, T. Schmid, N. Kuster, Robust setup for precise calibration of E-field probes in tissue simulating liquids at mobile communications frequencies, ICECOM97, Oct. 1997, pp. 1 -124.
- [9] K. Pokovic, T. Schmid, and N. Kuster, E-field Probe with improved isotropy in brain simulating liquids, Proceedings of the ELMAR, Zadar, Croatia, June 23-25, 1996, pp. 172-175.
- [10] Schmid & Partner Engineering AG, Application Note: Data Storage and Evaluation, June 1998, p2.
- [11] V. Hombach, K. Meier, M. Burkhardt, E. Kuhn, N. Kuster, The Dependence of EM Energy Absorption upon Human Modeling at 900 MHz, IEEE Transaction on Microwave Theory and Techniques, vol. 44 no. 10, Oct. 1996, pp. 1865-1873.
- [12] N. Kuster and Q. Balzano, Energy absorption mechanism by biological bodies in the near field of dipole antennas above 300MHz, IEEE Transaction on Vehicular Technology, vol. 41, no. 1, Feb. 1992, pp. 17-23.
- [13] G. Hartsgrove, A. Kraszewski, A. Surowiec, Simulated Biological Materials for Electromagnetic Radiation Absorption Studies, University of Ottawa, Bioelectromagnetics, Canada: 1987, pp. 29-36.
- [14] Q. Balzano, O. Garay, T. Manning Jr., Electromagnetic Energy Exposure of Simulated Users of Portable Cellular Telephones, IEEE Transactions on Vehicular Technology, vol. 44, no.3, Aug. 1995.
- [15] W. Gander, Computermathematik, Birkhaeuser, Basel, 1992.
- [16] W.H. Press, S.A. Teukolsky, W.T. Vetterling, and B.P. Flannery, Numerical Recipes in C, The Art of Scientific Computing, Second edition, Cambridge University Press, 1992.
- [17] N. Kuster, R. Kastle, T. Schmid, Dosimetric evaluation of mobile communications equipment with known precision, IEEE Transaction on Communications, vol. E80-B, no. 5, May 1997, pp. 645-652.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 63 of 64

REV 22.0
03/30/2022

- [18] CENELEC CLC/SC111B, European Prestandard (prENV 50166-2), Human Exposure to Electromagnetic Fields High-frequency: 10kHz-300GHz, Jan. 1995.
- [19] Prof. Dr. Niels Kuster, ETH, Eidgenössische Technische Hochschule Zürich, Dosimetric Evaluation of the Cellular Phone.
- [20] IEC 62209-1, Measurement procedure for the assessment of specific absorption rate of human exposure to radio frequency fields from hand-held and body-mounted wireless communication devices - Part 1: Devices used next to the ear (Frequency range of 300 MHz to 6 GHz), July 2016.
- [21] Innovation, Science, Economic Development Canada RSS-102 Radio Frequency Exposure Compliance of Radiocommunication Apparatus (All Frequency Bands) Issue 5, March 2015.
- [22] Health Canada Safety Code 6 Limits of Human Exposure to Radio Frequency Electromagnetic Fields in the Frequency Range from 3 kHz – 300 GHz, 2015
- [23] FCC SAR Test Procedures for 2G-3G Devices, Mobile Hotspot and UMPC Devices KDB Publications 941225, D01-D07
- [24] SAR Measurement Guidance for IEEE 802.11 Transmitters, KDB Publication 248227 D01
- [25] FCC SAR Considerations for Handsets with Multiple Transmitters and Antennas, KDB Publications 648474 D03-D04
- [26] FCC SAR Evaluation Considerations for Laptop, Notebook, Netbook and Tablet Computers, FCC KDB Publication 616217 D04
- [27] FCC SAR Measurement and Reporting Requirements for 100MHz – 6 GHz, KDB Publications 865664 D01-D02
- [28] FCC General RF Exposure Guidance and SAR Procedures for Dongles, KDB Publication 447498, D01-D02
- [29] Anexo à Resolução No. 533, de 10 de Setembro de 2009.
- [30] IEC 62209-2, Human exposure to radio frequency fields from hand-held and body-mounted wireless communication devices - Human models, instrumentation, and procedures - Part 2: Procedure to determine the specific absorption rate (SAR) for wireless communication devices used in close proximity to the human body (frequency range of 30 MHz to 6 GHz), Mar. 2010.

FCC ID: BCG-A2984	SAR EVALUATION REPORT	Approved by: Technical Manager
Document S/N: 1C2305020013-01.BCG (Rev1)	DUT Type: Watch	Page 64 of 64

REV 22.0
03/30/2022