

FCC LISTED, REGISTRATION NUMBER: 905266

IC LISTED REGISTRATION NUMBER IC 4621A-1

AT4 wireless, S.A. Parque Tecnológico de Andalucía, c/ Severo Ochoa nº 2 29590 Campanillas/ Málaga/ España Tel. 952 61 91 00 - Fax 952 61 91 13 MÁLAGA, C.I.F. A29 507 456 Registro Mercantil de Málaga,Tomo 1169, Libro 82, Folio 133, Hoja MA3729

TEST REPORT

REFERENCE STANDARD:

USA FCC Part 15.247, 15.209

CANADA RSS-210, RSS-Gen

Radio Frequency Devices. Operation within the bands 902 - 928 MHz, 2400 -2483.5 MHz, and 5725 - 5850 MHz.

Licence-Exempt Radio Apparatus (All Frequency Bands): Category I Equipment. General Requirements and Information for the Certification of Radio Apparatus.

NIE:	38879RRF.001			
Approved by (name / position & signature):	A. Llamas / RF Lab. Manager			
Elaboration date:	2013-12-17			
Identification of item tested:	Heart rate device			
Trademark:	Polar			
Model and/or type reference:	0B			
Serial number:	C343X00465354, C343X00465323, C343X00465355, C343X00465329, C343X00465351, C343X00465356			
Other identification of the product:	Commercial name: Polar H7			
	HW version: 1.0 / SW version: H7 2.0.0-rc3			
	FCC ID: INW0B			
	IC ID: 6248A-0B			
Features:	Bluetooth Low Energy V. 4.0 HR profile			
Description:	Polar heart rate samples for regulatory testing.			
Applicant:	POLAR ELECTRO OY.			
Address:	Professorintie 5, 90440 Kempele, FINLAND			
CIF/NIF/Passport:	VAT FI02099112			
Contact person:	Antti Häggman			
Telephone / Fax:	+358 8 5202100			
e-mail::	Antti.haggman@polar.com			
Test samples supplier:	Same as applicant			
Manufacturer:	Same as applicant			



Test method requested	See St	andard				
Standard:	: USA FCC Part 15.247 10-1-12 Edition: Operation within the bands 902 - 928 MHz, 2400 -2483.5 MHz, and 5725 - 5850 MHz.					
	USA FCC Part 15.209 10-1-12 Edition: Radiated emission limits; general					
	requirements.					
	CANADA RSS-210 Issue 8 (December 2010).					
	CANADA RSS-Gen Issue 3 (December 2010).					
	Guidance for Performing Compliance Measurements on Digital Transmission Systems (DTS) Operating Under §15.247 558074 D01 DTS Meas Guidance v03r01 dated 09/04/2013.					
		C63.10-2009: American National Standers Devices.	lard for Testing	Unlicensed		
Test procedure:	PERF	034				
Non-standardized test method:	N/A					
Used instrumentation:	Cond	ucted Measurements				
	1. 2.	Spectrum analyser R&S ESU 40 DC power supply R&S NGPE 40/40	Last Cal. date 2012/03 2011/11	Cal. due dat 2014/03 2014/11		
	Radia	ated Measurements				
			Last Cal. date	Cal. due dat		
	1.	Semianechoic Absorber Lined Chamber IR 11. BS	N.A.	N.A.		
	2.	Control Chamber IR 12.BC	N.A.	N.A.		
	3.	Hybrid Bilog antenna Sunol Sciences Corporation JB6	2011/05	2014/05		
	4.	Antenna mast EM 1072 NMT	N.A.	N.A.		
	5.	Rotating table EM 1084-4. ON	N.A.	N.A.		
	6.	Double-ridge Guide Horn antenna 1-18 GHz HP 11966E	2011/05	2014/05		
	7.	Double-ridge Guide Horn antenna 18- 40 GHz Agilent 119665J	2011/09	2014/09		
	8.	EMI Test Receiver R&S ESIB26	2013/05	2015/05		
	9.	RF pre-amplifier Miteq JS4-12002600- 30-5A	2012/07	2014/07		
	10.	Multi Device Controller EMCO 2090	N.A.	N.A.		
	11.	Spectrum Analyzer R&S ESU 40	2012/03	2014/03		
	12.	RF pre-amplifier Miteq AFS5- 04001300-15-10P-6	2012/07	2014/07		
	13.	RF pre-amplifier Schaffner CPA 9231A.	2013/06	2015/06		

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Competences and guarantees

AT4 wireless is a laboratory with a measurement facility in compliance with the requirements of Section 2.948 of the FCC rules and has been added to the list of facilities whose measurements data will be accepted in conjuction with applications for Certification under Parts 15 or 18 of the Commission's Rules. Registration Number: 905266.

AT4 wireless is a laboratory with a measurement site in compliance with the requirements of RSS 212, Issue 1 (Provisional) and has been added to the list of filed sites of the Canadian Certification and Engineering Bureau. Reference File Number: IC 4621A-1.

In order to assure the traceability to other national and international laboratories, AT4 wireless has a calibration and maintenance programme for its measurement equipment.

AT4 wireless guarantees the reliability of the data presented in this report, which is the result of the measurements and the tests performed to the item under test on the date and under the conditions stated on the report and, it is based on the knowledge and technical facilities available at AT4 wireless at the time of performance of the test.

AT4 wireless is liable to the client for the maintenance of the confidentiality of all information related to the item under test and the results of the test.

General conditions

- 1. This report is only referred to the item that has undergone the test.
- 2. This report does not constitute or imply on its own an approval of the product by the Certification Bodies or competent Authorities.
- 3. This document is only valid if complete; no partial reproduction can be made without previous written permission of AT4 wireless.
- 4. This test report cannot be used partially or in full for publicity and/or promotional purposes without previous written permission of AT4 wireless and the Accreditation Bodies.

Uncertainty

Uncertainty (factor k=2) was calculated according to the AT4 wireless internal document PODT000.



Usage of samples

Samples undergoing test have been selected by: the client.

Sample M/01 is formed by the following elements:

<u>Control No.</u>	Description	Model	<u>Serial No.</u>	Date of reception
38879/27	Polar Heart rate with integral antenna (2402 MHz)	0B	C343X00465354	19/11/2013
38879/28	Polar Heart rate with integral antenna (2440 MHz)	0B	C343X00465323	19/11/2013
38879/26	Polar Heart rate with integral antenna (2480 MHz)	0B	C343X00465355	19/11/2013
Sample M/02 is for	med by the following elements:			
<u>Control No.</u>	Description	<u>Model</u>	<u>Serial No.</u>	Date of reception
38879/39	Polar Heart rate with antenna connector (2402 MHz)	0B	C343X00465329	19/11/2013
38879/38	Polar Heart rate with antenna connector(2440 MHz)	0B	C343X00465351	19/11/2013
38879/40	Polar Heart rate with antenna connector (2480 MHz)	0B	C343X00465356	19/11/2013
38879/44	Dummy Battery			19/11/2013
. Sample M/0)1 has undergone following test(s).			
Radiated sp	urious emissions tests indicated in a	ppendix A.		
. Sample M/0	2 has undergone following test(s).			
Conducted 1	RF tests indicated in appendix A.			
Festing period				
The performed test s	started on 2013-12-02 and finished of	on 2013-12	-04.	
The tests have been	performed at AT4 wireless.			



Environmental conditions

In the control chamber, the following limits were not exceeded during the test:

Temperature	Min. = 22.5 °C
	Max. = 22.9 °C
Relative humidity	Min. = 37.3 %
	Max. = 37.7 %
Shielding effectiveness	> 100 dB
Electric insulation	$> 10 \text{ k}\Omega$
Reference resistance to earth	$< 0.5 \Omega$

In the semianechoic chamber (21 meters x 11 meters x 8 meters), the following limits were not exceeded during the test.

Temperature	Min. = 18.7 °C
	Max. = 18.9 °C
Relative humidity	Min. = 45 %
	Max. = 45 %
Air pressure	Min. = 1020 mbar
	Max. = 1020 mbar
Shielding effectiveness	> 100 dB
Electric insulation	$> 10 \text{ k}\Omega$
Reference resistance to earth	$<$ 0,5 Ω
Normal site attenuation (NSA)	$< \pm 4$ dB at 10 m distance between item
	under test and receiver antenna, (30
	MHz to 1000 MHz)
Field homogeneity	More than 75% of illuminated surface
	is between 0 and 6 dB (26 MHz to 1000
	MHz).

In the chamber for conducted measurements the following limits were not exceeded during the test:

Temperature	Min. = 17.1 °C
	$Max. = 20.6 \ ^{\circ}C$
Relative humidity	Min. = 47.2%
	Max. = 50.1%
Air pressure	Min. = 1019 mbar
	Max. = 1019 mbar
Shielding effectiveness	> 100 dB
Electric insulation	$> 10 \text{ k}\Omega$
Reference resistance to earth	$< 0,5 \Omega$



Summary

Considering the results of the performed test according to standard USA FCC Parts 15.247 and 15.209 / RSS-210, the item under test is **IN COMPLIANCE** with the requested specifications specified in the standard.

NOTE: The results presented in this Test Report apply only to the particular item under test established in page 1 of this document, as presented for test on the date(s) shown in section, "USAGE OF SAMPLES, TESTING PERIOD AND ENVIRONMENTAL CONDITIONS".

Remarks and comments

None.

Testing verdicts

Not applicable:	NA
Pass:	Р
Fail:	F
Not measured:	NM

FCC PART 15 PARAGRAPH / RSS-210			VERDICT		
		NA	Р	F	NM
Section 15.247 Subclause (a) (2) / RSS-210 A8.2. (a)	6 dB Bandwidth		Р		
Section 15.247 Subclause (b) / RSS-210 A8.4. (4)	Maximum output power and antenna gain		Р		
Section 15.247 Subclause (d) / RSS-210 A8.5.	Emission limitations conducted (Transmitter)		Р		
Section 15.247 Subclause (d) / RSS-210 A8.5.	Band-edge emissions compliance (Transmitter)	e P			
Section 15.247 Subclause (e) / RSS-210 A8.2. (b)	Power spectral density		Р		
Section 15.247 Subclause (d) / RSS-210 A8.5.	Emission limitations radiated (Transmitter)		Р		



APPENDIX A: Test results



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TEST CONDITIONS

Power supply (V):

 $V_{nominal} = 3.0 Vdc$

Type of power supply = DC voltage from lithium battery.

Type of antenna = Integral antenna.

Declared Gain for antenna = 0 dBi

TEST FREQUENCIES: Lowest channel: 2402 MHz Middle channel: 2440 MHz Highest channel: 2480 MHz

CONDUCTED MEASUREMENTS

The equipment under test was set up in a shielded room and it is directly connected to the spectrum analyzer.

RADIATED MEASUREMENTS

All radiated tests were performed in a semi-anechoic chamber. The measurement antenna is situated at a distance of 3 m for the frequency range 30 MHz-1000 MHz (30 MHz-1000 MHz Bilog antenna) and at a distance of 1m for the frequency range 1 GHz-25 GHz (1 GHz-18 GHz Double ridge horn antenna and 18 GHz-40 GHz horn antenna).

For radiated emissions in the range 1 GHz-25 GHz that is performed at a distance closer than the specified distance, an inverse proportionality factor of 20 dB per decade is used to normalize the measured data for determining compliance.

The equipment under test was set up on a non-conductive (wooden) platform one meter above the ground plane and the situation and orientation was varied to find the maximum radiated emission. It was also rotated 360° and the antenna height was varied from 1 to 4 meters to find the maximum radiated emission.

Measurements were made in both horizontal and vertical planes of polarization.



Occupied Bandwidth

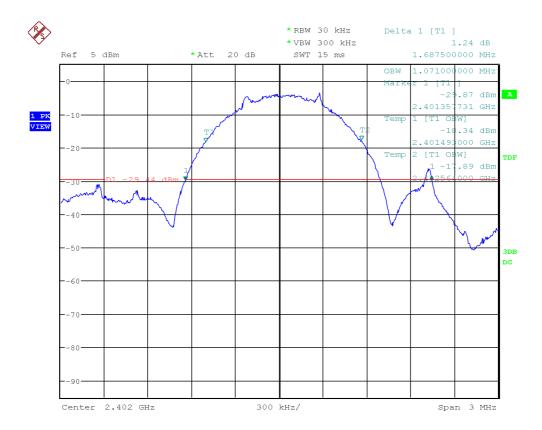
RESULTS

(see next plots).

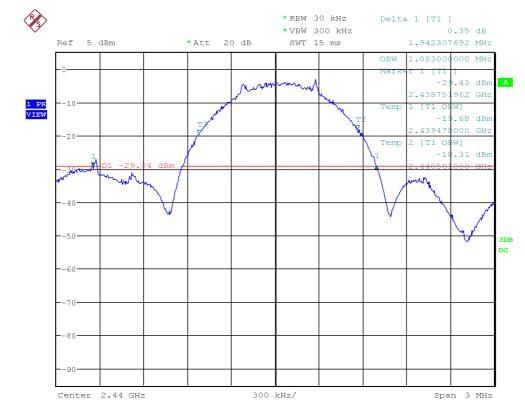
	Lowest frequency	Middle frequency	Highest frequency
	2402 MHz	2440 MHz	2480 MHz
99% bandwidth (MHz)	1.071	1.083	1.083
-26 dBc bandwidth (MHz)	1.687	1.942	2.279
Measurement uncertainty (kHz)		±21.7	



Lowest Channel



Middel Channel





R *RBW 30 kHz Delta 1 [T1] 0.07 dB *VBW 300 kHz 2.278846154 MHz Ref 5 dBm * Att 20 dB SWT 15 ms 1.083000000 MHz OBW Mart А .98 dBm -2 2.479024 808 GHz 1 PK VIEW [T1 C Temp T1 .98 dBm .479484000 GHz -20 Temp [T1 OBW] .75 dBn 000 .48056 GHz ٨ 3DB DC -60 -70 -80 -90 300 kHz/ Center 2.48 GHz Span 3 MHz

Highest channel



Section 15.247 Subclause (a) (2) / RSS-210 A8.2. (a). 6 dB Bandwidth

SPECIFICATION

The minimum 6 dB bandwidth shall be at least 500 kHz.

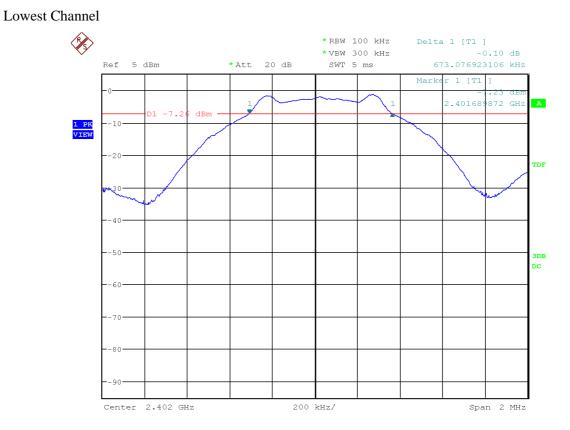
RESULTS

6 dB Bandwidth (see next plots).

	Lowest frequency	Middle frequency	Highest frequency
	2402 MHz	2440 MHz	2480 MHz
6 dB Spectrum bandwidth (kHz)	673.077	679.487	679.487
Measurement uncertainty (kHz)		±21.7	

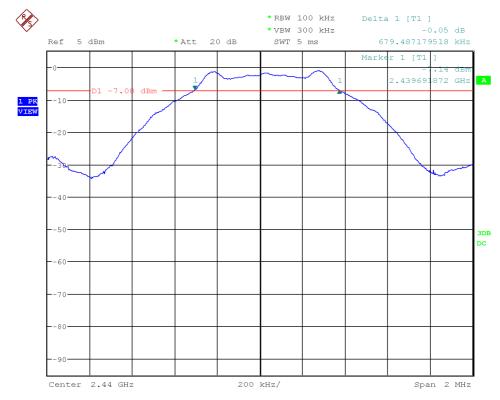


6 dB BANDWIDTH.



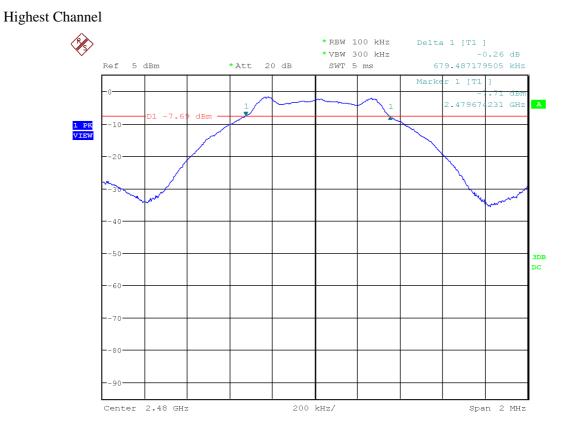
6 dB BANDWIDTH.

Middle Channel





6 dB BANDWIDTH.





Section 15.247 Subclause (b) / RSS-210 A8.4. (4). Maximum output power and antenna gain

SPECIFICATION

For systems using digital modulation in the 2400-2483.5 MHz band: 1 watt (30 dBm). The e.i.r.p. shall not exceed 4 W (36 dBm) (Canada).

<u>RESULTS</u>

The maximum peak conducted output power was measured using the method according to point 9.1.1. of Guidance for Performing Compliance Measurements on Digital Transmission Systems (DTS) Operating Under §15.247 558074 D01 DTS Meas Guidance v03r01 dated 09/04/2013.

The EIRP power (dBm) is calculated by adding the declared maximum antenna gain to the measured conducted power.

MAXIMUM OUTPUT POWER. See next plots.

Maximum declared antenna gain: 0 dBi.

	Lowest frequency	Middle frequency	Highest frequency
	2402 MHz	2440 MHz	2480 MHz
Maximum conducted power (dBm)	-0.81	-0.80	-1.29
Maximum EIRP power (dBm)	-0.81	-0.80	-1.29
Measurement uncertainty (dB)		±1.5	

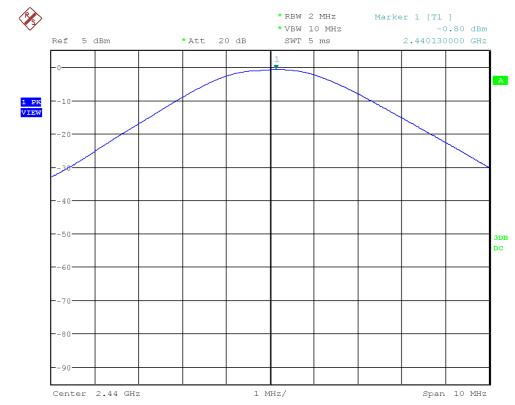
The maximum directional gain of the antenna is less than 6 dBi and therefore the maximum output power is not required to be reduced from the stated values.



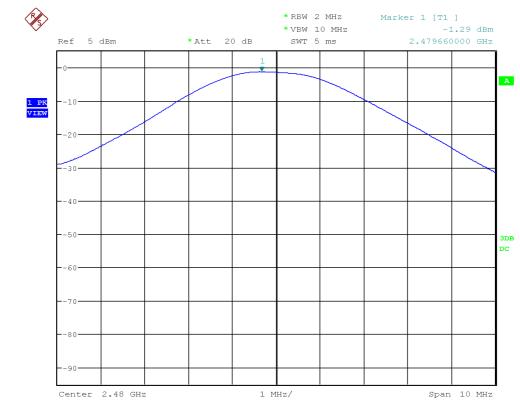
CONDUCTED PEAK POWER.



Middle frequency







Highest frequency



Section 15.247 Subclause (d) / RSS-210 A8.5. Emission limitations conducted (Transmitter)

SPECIFICATION

In any 100 kHz bandwidth outside the frequency band in which the digitally modulated intentional radiator is operating, the radio frequency power that is produced by the intentional radiator shall be at least 20 dB below that in the 100 kHz bandwidth within the band that contains the highest level of the desired power. If the transmitter complies with the conducted power limits based on the use of RMS averaging over a time interval, the attenuation required shall be 30 dB instead of 20 dB.

RESULTS:

Reference Level Measurement

	Lowest frequency 2402 MHz	Middle frequency 2440 MHz	Highest frequency 2480 MHz
Reference Level Measurement (dBm)	-1.27	-1.07	-1.62
Measurement uncertainty (dB)	±1.5		

Lowest frequency 2402 MHz

Frequency (GHz)	Level (dBm)	Limit (dBm)
4.8046	-46.55	-21.27

Middle frequency 2440 MHz

Frequency (GHz)	Level (dBm)	Limit (dBm)
4.8806	-53.98	-21.07
7.3194	-54.00	-21.07

Highest frequency 2480 MHz

Frequency (GHz)	Level (dBm)	Limit (dBm)
4.9596	-51.46	-21.62
7.4407	-55.94	-21.62

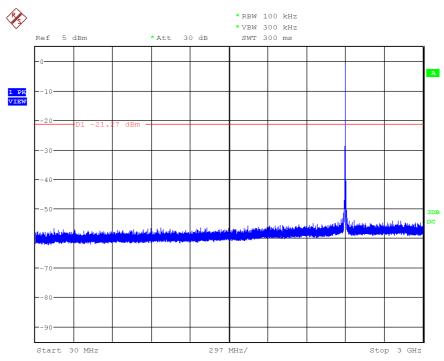
Verdict: PASS

See next plot of worst case: Lowest frequency 2402 MHz.

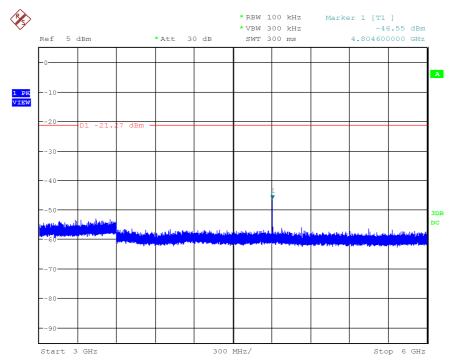


Number of sweep points: 30,001.

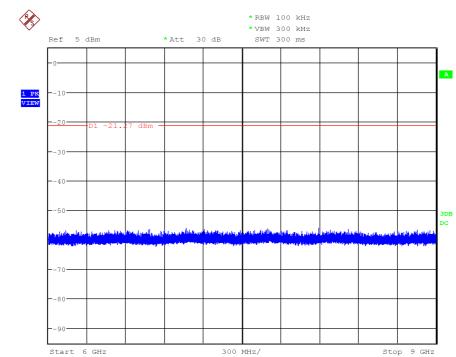
Plot 30 MHz to 3 GHz:

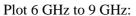


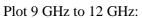
Note: The peak above the limit is the carrier frequency. Plot 3 GHz to 6 GHz:

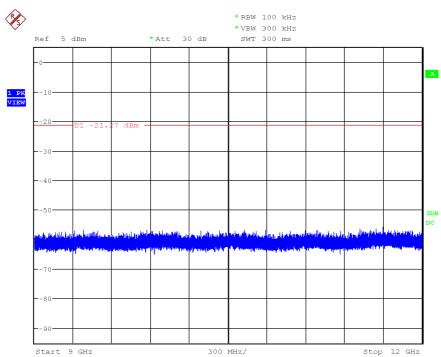




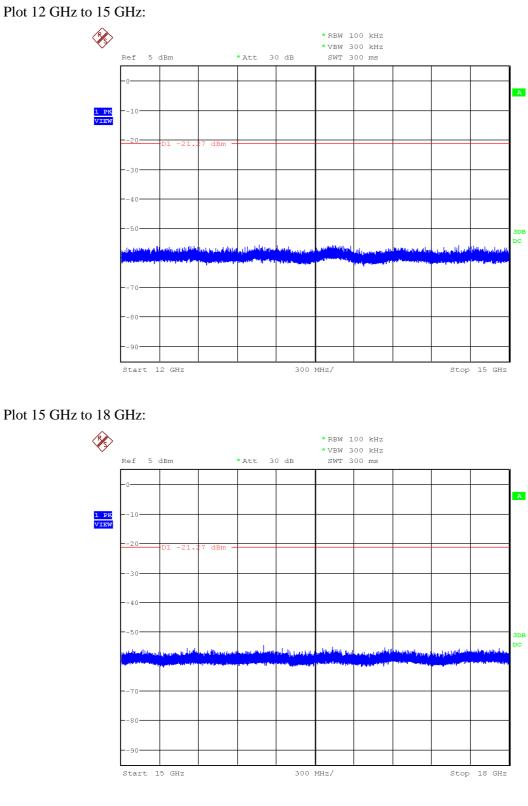






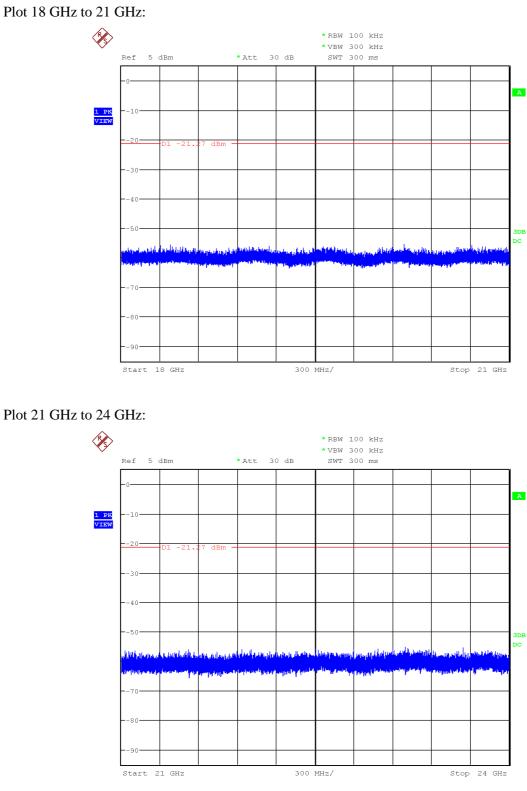






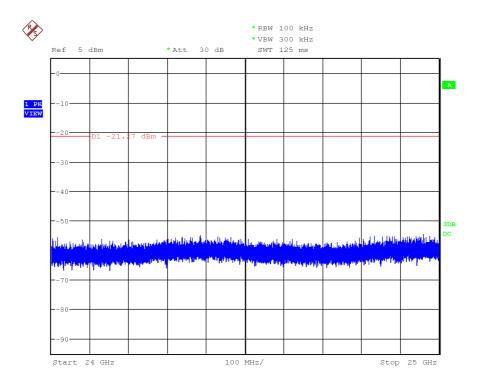
Report N°(NIE): 38879RRF.001







Plot 24 GHz to 25 GHz:





Section 15.247 Subclause (d) / RSS-210 A8.5. Band-edge emissions compliance (Transmitter)

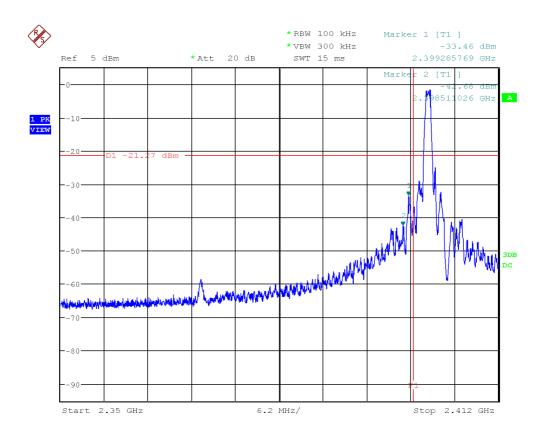
SPECIFICATION

Emissions outside the frequency band in which the intentional radiator is operating shall be at least 20dB below the highest level of the desired power. If the transmitter complies with the conducted power limits based on the use of RMS averaging over a time interval, the attenuation required shall be 30 dB instead of 20 dB.

RESULTS:

1. LOW FREQUENCY SECTION. CONDUCTED.

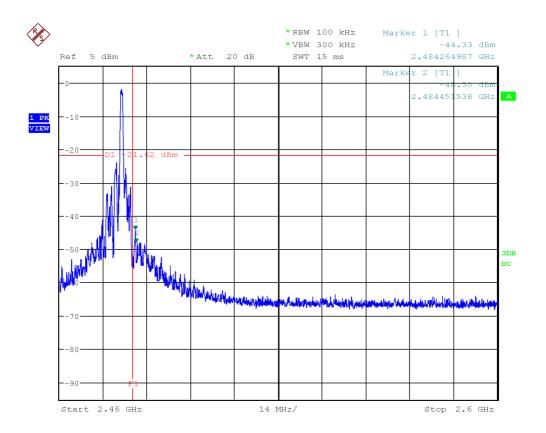
See next plot.





2. HIGH FREQUENCY SECTION. CONDUCTED.

See next plot.





Section 15.247 Subclause (e) / RSS-210 A8.5. Power spectral density

SPECIFICATION

For digitally modulated systems, the power spectral density conducted from the intentional radiator to the antenna shall not be greater than 8 dBm in any 3 kHz band during any time interval of continuous transmission.

<u>RESULTS</u>

The maximum power spectral density level in the fundamental emission was measured using the method PKPSD (Peak PSD) according to point 10.2. of Guidance for Performing Compliance Measurements on Digital Transmission Systems (DTS) Operating Under §15.247 558074 D01 DTS Meas Guidance v03r01 dated 09/04/2013.

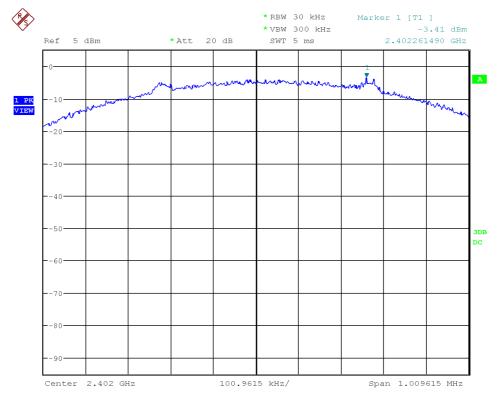
Power spectral density (see next plots).

	Lowest frequency	Middle frequency	Highest frequency
	2402 MHz	2440 MHz	2480 MHz
Power spectral density (dBm)	-3.41	-3.11	-3.91
Measurement uncertainty (dB)		±1.5	

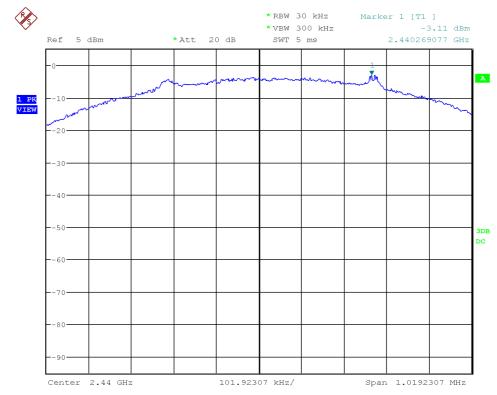


Power spectral density.

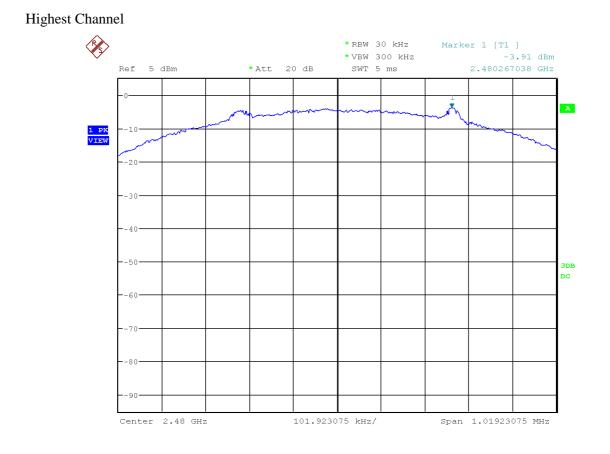
Lowest Channel



Middle Channel









Section 15.247 Subclause (d) / RSS-210 A8.5. Emission limitations radiated (Transmitter)

SPECIFICATION

Radiated emissions which fall in the restricted bands, as defined in §15.205(a), must also comply with the radiated emission limits specified in §15.209(a) (see §15.205(c)):

Frequency Range (MHz)	Field strength ($\mu V/m$)	Field strength (dBµV/m)	Measurement distance (m)
0.009-0.490	2400/F(kHz)	-	300
0.490-1.705	24000/F(kHz)	-	300
1.705 - 30.0	30	-	30
30 - 88	100	40	3
88 - 216	150	43.5	3
216 - 960	200	46	3
960 - 25000	500	54	3

The emission limits shown in the above table are based on measurements employing CISPR quasi-peak detector except for the frequency bands 9-90 kHz, 110-490 kHz and above 1000 MHz. Radiated emission limits in these three bands are based on measurements employing an average detector.

For average radiated emission measurements above 1000 MHz, there is also a limit corresponding to 20 dB above the indicated values in the table is specified when measuring with peak detector function.

RESULTS:

The situation and orientation was varied to find the maximum radiated emission. It was also rotated 360° and the antenna height was varied from 1 to 4 meters to find the maximum radiated emission.

Measurements were made in both horizontal and vertical planes of polarization.

All tests were performed in a semi-anechoic chamber at a distance of 3 m for the frequency range 30 MHz-1000 MHz and at distance of 1 m for the frequency range 1 GHz-25 GHz.

The field strength is calculated by adding correction factor to the measured level from the spectrum analyzer. This correction factor includes antenna factor, cable loss and pre-amplifiers gain.

The equipment transmits continuously in the selected channel so it is not necessary a duty cycle correction factor.



Frequency range 30 MHz-1000 MHz.

The spurious signals detected do not depend on the operating channel.

Spurious levels closest to limit:

Spurious frequency (MHz)	Polarization	Detector	Emission Level (dBµV/m)	Measurement Uncertainty (dB)
49.438877	V	Quasi-Peak	22.74	± 3.8
64.989979	Н	Quasi-Peak	17.72	± 3.8

Frequency range 1 GHz-25 GHz

The results in the next tables show the maximum measured levels in the 1-25 GHz range including the restricted bands 2.31-2.39 GHz and 2.4835-2.5 GHz (see next plots).

Spurious signals with peak levels above the average limit (54 $dB\mu V/m$ at 3 m) are measured with average detector for checking compliance with the average limit.

1. CHANNEL: LOWEST (2402 MHz).

Spurious frequency (GHz)	Polarization	Detector	Emission Level (dBµV/m)	Measurement Uncertainty (dB)
2.390000	V	Peak	47.68	± 4.09
2.496518	V	Peak	45.77	± 4.09
4.803840	Н	Peak	41.73	± 4.09
7.209940	Н	Peak	43.66	± 4.09

2. CHANNEL: MIDDLE (2440 MHz).

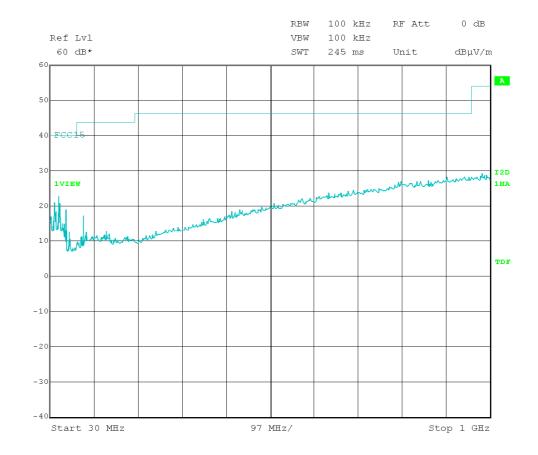
Spurious frequency (GHz)	Polarization	Detector	Emission Level (dBµV/m)	Measurement Uncertainty (dB)
2.388960	V	Peak	45.81	± 4.09
2.471912	V	Peak	47.69	± 4.09
2.485991	V	Peak	45.31	± 4.09
4.880437	Н	Peak	41.97	± 4.09
7.432407	Н	Peak	42.37	± 4.09



3. CHANNEL: HIGHEST (2480 MHz).

Spurious frequency (MHz)	Polarization	Detector	Emission Level (dBµV/m)	Measurement Uncertainty (dB)
2.38872	V	Peak	45.31	± 4.09
2.48350	V	Peak	59.61	± 4.09
		Average	52.85	± 4.09
4.95990	Н	Peak	42.39	± 4.09
7.43598	Н	Peak	44.6	± 4.09





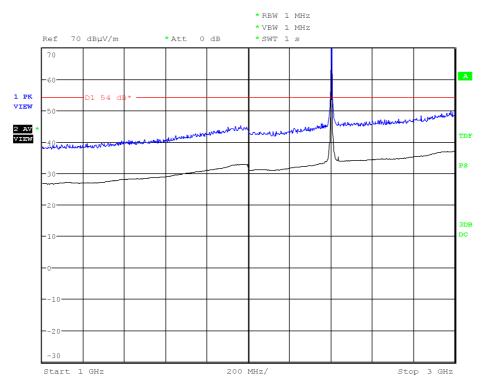
FREQUENCY RANGE 30 MHz-1000 MHz.

(This plot is valid for all three channels).

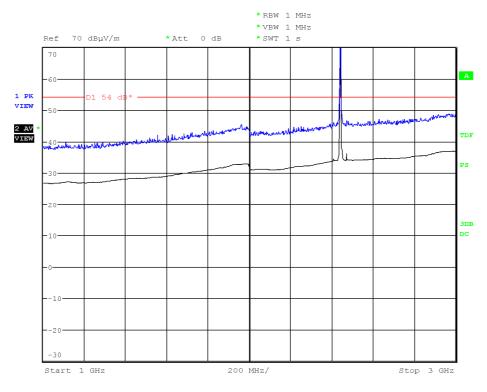


FREQUENCY RANGE 1 GHz to 3 GHz.

CHANNEL: Lowest (2402 MHz).



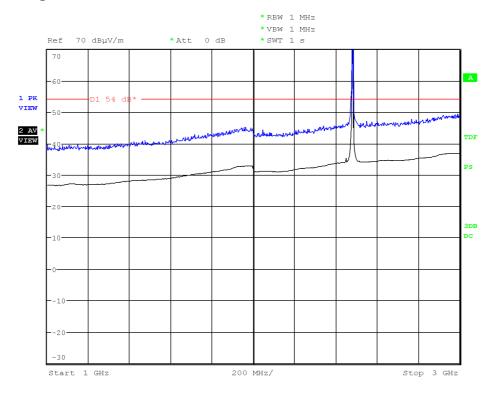
Note: The peak shown in the plot above the limit is the carrier frequency. CHANNEL: Middle (2440 MHz).



Note: The peak shown in the plot above the limit is the carrier frequency.



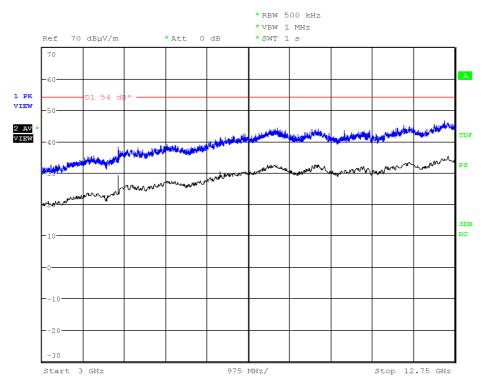
CHANNEL: Highest (2480 MHz).



Note: The peak shown in the plot above the limit is the carrier frequency.

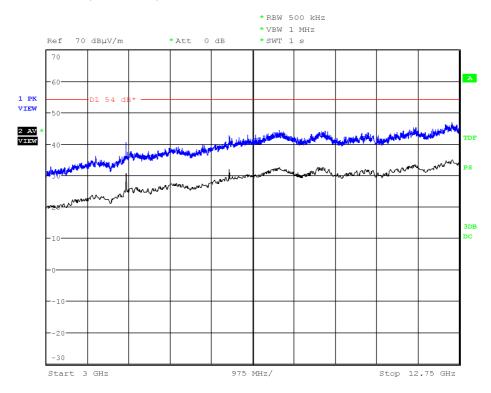
FREQUENCY RANGE 3 GHz to 12.75 GHz.

CHANNEL: Lowest (2402 MHz).

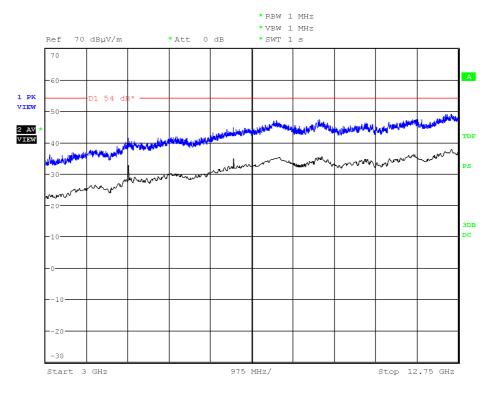




CHANNEL: Middle (2440 MHz).

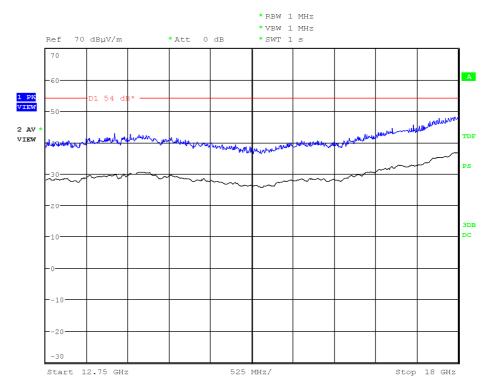


CHANNEL: Highest (2480 MHz).



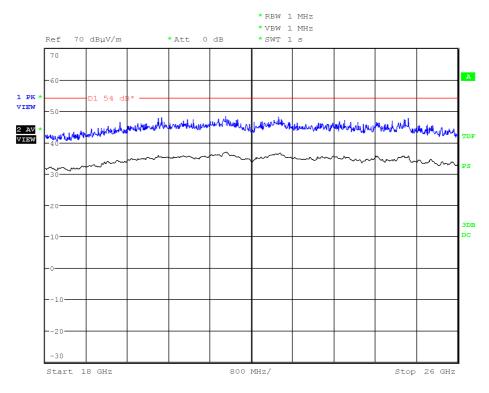


FREQUENCY RANGE 12.75 GHz to 18 GHz.



(This plot is valid for all three channels).

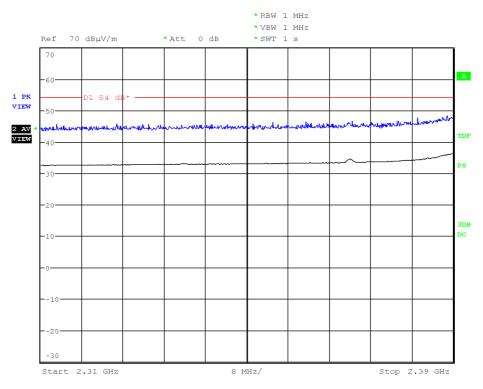
FREQUENCY RANGE 18 GHz to 25 GHz.



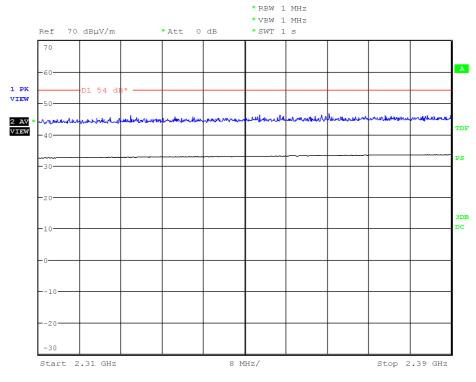
(This plot is valid for all three channels).



FREQUENCY RANGE 2.31 GHz to 2.39 GHz. (RESTRICTED BAND) CHANNEL: Lowest (2402 MHz).

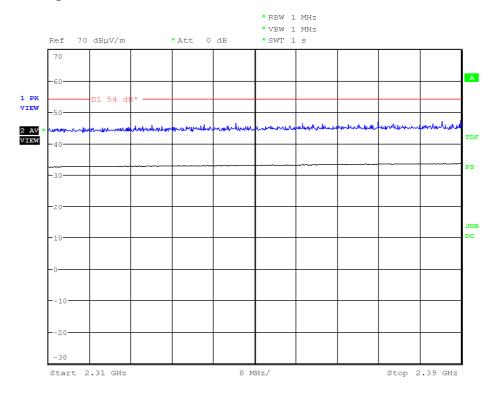


CHANNEL: Middle (2440 MHz).

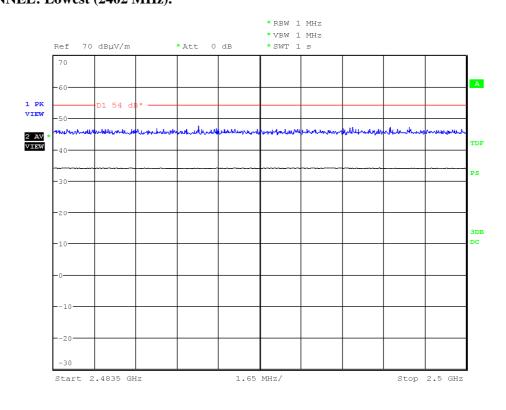




CHANNEL: Highest (2480 MHz).

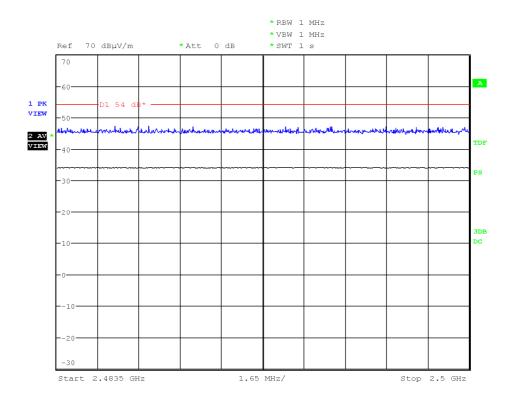


FREQUENCY RANGE 2.4835 GHz to 2.5 GHz. (RESTRICTED BAND) CHANNEL: Lowest (2402 MHz).





CHANNEL: Middle (2440 MHz).



CHANNEL: Highest (2480 MHz).

