

# RF EXPOSURE REPORT

Applicant:	Icon Health and Fitness, Inc.
Address:	1500 South 1000 West, Logan Utah United States 84321

Manufacturer or Supplier:	Icon Health and Fitness, Inc.
Address:	1500 South 1000 West, Logan Utah United States 84321
Product:	Tablet
Brand Name:	N/A
Model Name:	MP21-ARGON3-NFC, MP21-ARGON3
FCC ID:	OMC415325
Date of tests:	Sep. 27, 2019 ~ Dec. 06, 2019

The submitted sample of the above equipment has been tested for according to the requirements of the following standards:

- IEEE C95.1
- FCC Part 2.1091
- KDB 447498 D01 General RF Exposure Guidance v06

**CONCLUSION: The submitted sample was found to COMPLY with the test requirement**

Prepared by Alex Chen Engineer / Mobile Department	Approved by Luke Lu Manager / Mobile Department
Date: Dec. 11, 2019	Date: Dec. 11, 2019

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Test Report No.: SA190926W003

## RELEASE CONTROL RECORD

ISSUE NO.	REASON FOR CHANGE	DATE ISSUED
SA190926W003	Original release	Dec. 11, 2019



# 1 GENERAL INFORMATION

## 1.1 GENERAL DESCRIPTION OF EUT

<b>PRODUCT</b>	Tablet	
<b>BRAND NAME</b>	N/A	
<b>MODEL NAME</b>	MP21-ARGON3-NFC, MP21-ARGON3	
<b>NOMINAL VOLTAGE</b>	DC 12V	
<b>OPERATING TEMPERATURE RANGE</b>	0 ~ 40°C	
<b>MODULATION TYPE</b>	<b>BT_LE</b>	GFSK
	<b>WLAN</b>	CCK, DQPSK, DBPSK for DSSS 64QAM, 16QAM, QPSK, BPSK for OFDM
	<b>Bluetooth</b>	GFSK, $\pi/4$ -DQPSK, 8DPSK
<b>OPERATING FREQUENCY</b>	<b>Bluetooth/BT_LE</b>	2402MHz ~ 2480MHz
	<b>WLAN</b>	2412 ~ 2462MHz for 11b/g/n(HT20) 5180 ~ 5240MHz, 5260 ~ 5320MHz, 5500 ~5580MHz, 5660~5700MHz, 5745 ~ 5805MHz for 11a/ n(HT20)/ n(HT40)
<b>ANTENNA GAIN</b>	<b>BT</b>	PIFA Antenna with 2.82dBi gain
	<b>WLAN 2.4G</b>	PIFA Antenna with 2.82dBi gain
	<b>WLAN 5G</b>	5180 ~ 5240MHz: PIFA Antenna with 4.82dBi gain
		5260 ~ 5320MHz: PIFA Antenna with 5.27dBi gain
		5500 ~5580MHz, 5660~5700MHz: PIFA Antenna with 4.6dBi gain
5745 ~ 5805MHz: PIFA Antenna with 6.03dBi gain		
<b>HW VERSION</b>	A455C	
<b>SW VERSION</b>	argon	
<b>CABLE SUPPLIED</b>	N/A	
<b>ACCESSORY DEVICES</b>	Refer to note as below	



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**NOTE:**

1. For a more detailed features description, please refer to the manufacturer's specifications or the user's manual.
2. The schematic, structure and hardware of each model is same, the only difference is the model name, it will not affect the test result.
3. For the test results, the EUT had been tested with all conditions. But only the worst case was shown in test report.



## 2 RF EXPOSURE

### 2.1 LIMITS FOR MAXIMUM PERMISSIBLE EXPOSURE (MPE)

Frequency range (MHz)	Electric field strength (V/m)	Magnetic field strength (A/m)	Power density (mW/cm <sup>2</sup> )	Averaging time (minutes)
<b>(A) Limits for Occupational/Controlled Exposure</b>				
0.3-3.0	614	1.63	*100	6
3.0-30	1842/f	4.89/f	*900/f <sup>2</sup>	6
30-300	61.4	0.163	1.0	6
300-1,500			f/300	6
1,500-100,000			5	6
<b>(B) Limits for General Population/Uncontrolled Exposure</b>				
0.3-1.34	614	1.63	*100	30
1.34-30	824/f	2.19/f	*180/f <sup>2</sup>	30
30-300	27.5	0.073	0.2	30
300-1,500			f/1500	30
1,500-100,000			1.0	30

f = Frequency in MHz

### 2.2 MPE CALCULATION FORMULA

$$Pd = (Pout * G) / (4 * Pi * R^2)$$

where

Pd = power density in mW/cm<sup>2</sup>

Pout = output power to antenna in mW

G = gain of antenna in linear scale

Pi = 3.1416

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



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## 2.3 CLASSIFICATION

The antenna of this product, under normal use condition, is at least 20cm away from the body of the user. So, this device is classified as **Mobile Device**.



## 2.4 CALCULATION RESULT OF MAXIMUM CONDUCTED POWER

### BT

Mode	Frequency (MHz)	Operating Mode	Antenna Gain (dBi)	Tune-up Power (dBm)	Tune-up Power (mW)	Power Density (mW/cm <sup>2</sup> )	limit (mW/cm <sup>2</sup> )	PASS / FAIL
Bluetooth	2412	GFSK	2.82	6.0	3.98	0.0015	1.00	PASS
BT_LE (2M)	2412	GFSK	2.82	5.0	3.16	0.0012	1.00	PASS

### WIFI 2.4G

Mode	Frequency (MHz)	Operating Mode	Antenna Gain (dBi)	Tune-up Power (dBm)	Tune-up Power (mW)	Power Density (mW/cm <sup>2</sup> )	limit (mW/cm <sup>2</sup> )	PASS / FAIL
WIFI 2.4G	2412	11b	2.82	16.5	44.67	0.017	1.00	PASS

### WIFI 5G

Mode	Frequency (MHz)	Operating Mode	Antenna Gain (dBi)	Tune-up Power (dBm)	Tune-up Power (mW)	Power Density (mW/cm <sup>2</sup> )	limit (mW/cm <sup>2</sup> )	PASS / FAIL
BAND 1	5180	11a	4.82	14.5	28.18	0.017	1.00	PASS
BAND 2	5260	11a	5.27	14.5	28.18	0.0189	1.00	PASS
BAND 3	5470	11a	4.6	15.0	31.62	0.0182	1.00	PASS
BAND 4	5745	11a	6.03	14.5	28.18	0.0225	1.00	PASS

--END--