

# RF Exposure Evaluation Report

## 1 RF EXPOSURE

Product Name: Zendo Meditation Headband  
 Model No.: M.V.D: 1.0  
 FCC ID: 2BM8O-MVD10

## 2. RF Exposure Evaluation

FCC KDB447498 D01 General RF Exposure Guidance v06: Mobile and Portable Device, RF Exposure, Equipment Authorization Procedures.

FCC CFR 47 part1 1.1310: Radiofrequency radiation exposure limits.

FCC CFR 47 part2 2.1093 Radiofrequency radiation exposure evaluation: portable devices.

### 2.1 LIMITS

The 1-g and 10-g SAR test exclusion thresholds for 100 MHz to 6 GHz at test separation distances  $\leq 50$  mm are determined by:

$[(\text{max. power of channel, including tune-up tolerance, mW}) / (\text{min. test separation distance, mm})] * [\sqrt{f(\text{GHz})}] \leq 3.0$  for 1-g SAR and  $\leq 7.5$  for 10-g extremity SAR, where

- $f(\text{GHz})$  is the RF channel transmit frequency in GHz
- Power and distance are rounded to the nearest mW and mm before calculation
- The result is rounded to one decimal place for comparison

The test exclusions are applicable only when the minimum test separation distance is  $\leq 50$  mm and for transmission frequencies between 100 MHz and 6 GHz. When the minimum test separation distance is  $< 5$  mm, a distance of 5 mm is applied to determine SAR test exclusion.

### 2.2 EUT RF EXPOSURE EVALUATION

Worst Mode: GFSK						
Channel (MHz)	Conducted Power (dBm)	Tune up Tolerance (dBm)	Maximum tune-up Power		Calculated value	Limit
			(dBm)	(mW)		
BLE-2402MHz	-5.38	-5.0±1	-4.0	0.398	0.123	3.0

Calculated value is 0.398  $<$  3.0, So there is no require SAR test