According to 447498 D01 General RF Exposure Guidance v05
The 1-g and 10-g SAR test exclusion thresholds for 100 MHz to 6 GHz at test separation distances ≤ 50 mm are determined by:
[(max. power of channel, including tune-up tolerance, mW)/(min. test separation distance, mm)] ·[√f(GHz)] ≤ 3.0 for 1-g SAR and ≤ 7.5 for 10-g extremity SAR, where
--f(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

eirp = pt x gt = $(EXd)^2/30$
where:
pt = transmitter output power in watts,
gt = numeric gain of the transmitting antenna (unitless),
E = electric field strength in V/m, --- $10^{((dBuV/m)/20)}/10^6$
d = measurement distance in meters (m) ---3m
So pt = $(EXd)^2/30$ x gt

For BT DSS mode
Field strength = 97.47dBuV/m @3m
Ant gain =0.8dBi, so Ant numeric gain=1.20

So pt={ $[10^{(97.47/20)}/10^6$ x $3]^2/30$x1.20}x1000 mW =1.39mW
So (1.39mW /5mm)x √2.402 = 0.431<3

For BT DTS mode
Field strength = 94.19dBuV/m @3m
Ant gain =0.8dBi, so Ant numeric gain= 1.20

So pt={ $[10^{(94.19/20)}/10^6$ x $3]^2/30$x1.20}x1000 mW = 0.655mW
So (0.655mW /5mm)x √2.480 = 0.206<3

Then SAR evaluation is not required