

PERFORMANCE

Processor

Intel® Core™ i7-13700H, 14C (6P + 8E) / 20T, P-core 2.4 / 5.0GHz, E-core 1.8 / 3.7GHz, 24MB

Graphics

NVIDIA® GeForce RTX™ 3050 6GB GDDR6

Chipset

Intel SoC Platform

Memory

16GB Soldered LPDDR5-5200

Memory Slots

Memory soldered to systemboard, no slots, dual-channel

Max Memory

16GB soldered memory, not upgradable

Storage

512GB SSD M.2 2242 PCIe® 4.0x4 NVMe®

Storage Support^[1]

One drive, up to 512GB M.2 2242 SSD or 1TB M.2 2280 SSD

Storage Slot

One M.2 2280 PCIe 4.0 x4 slot

Card Reader

None

Optical

None

Audio Chip

High Definition (HD) Audio, Realtek® ALC3306 codec

Speakers

Stereo speakers, 2W x4, optimized with Dolby® Atmos®, Amplifier (AMP)

Camera

FHD 1080p + IR with E-shutter, ToF Sensor

Microphone

4x, Array

Battery^[2]

Integrated 73Wh

Power Adapter

140W USB-C® Slim (3-pin)

DESIGN

Display^[3]

14.5" 3K (3072x1920) IPS 400nits Anti-glare, 100% DCI-P3, 120Hz, Eyesafe®, Dolby Vision™, TCON

Touchscreen

None

Color Calibration

Factory Color Calibration

Keyboard

Backlit, English (UK)

Case Color

Tidal Teal

Surface Treatment

Aluminium Stamping (Anodized with Sandblasting)

Case Material

Aluminium (Top), Aluminium (Bottom)

Dimensions (WxDxH)^[4]

325.5 x 226.49 x 15.6 mm (12.81 x 8.92 x 0.61 inches)

Weight^[5]

Starting at 1.49 kg (3.28 lbs)

SOFTWARE

Operating System

Windows® 11 Home, English

Bundled Software

Office Trial

CONNECTIVITY

Ethernet

No Onboard Ethernet

WLAN + Bluetooth^[6]^[7]

Wi-Fi® 6E, 11ax 2x2 + BT5.1

Standard Ports

- 1x HDMI® 2.1, up to 4K/60Hz
- 1x Headphone / microphone combo jack (3.5mm)
- 1x Thunderbolt™ 4 / USB4® 40Gbps (support data transfer, Power Delivery 3.0 and DisplayPort™ 1.4)
- 1x USB 3.2 Gen 1 (Always On)
- 1x USB-C 3.2 Gen 2 (support data transfer, Power Delivery 3.0 and DisplayPort 1.4)

Docking

Various docking solutions are supported via Thunderbolt or USB-C.

For more compatible docking solutions, please visit [Docking for Yoga® Pro 7 14IRH8](#)

SECURITY & PRIVACY

Security Chip

Firmware TPM 2.0

Fingerprint Reader

None

Other Security

- IR camera for Windows® Hello
- E-shutter

SERVICE

Base Warranty

1-year, Courier or Carry-in

Included Upgrade

CO2 Offset 0.5 ton (2nd Generation Carbon Offset Projects)

ACCESSORIES

Bundled Accessories

None

CERTIFICATIONS

Green Certifications^[8]

- ENERGY STAR® 8.0
- EPEAT™ Gold Registered
- ErP Lot 26
- ErP Lot 6
- RoHS compliant

Other Certifications

- Intel® Evo™ Platform
- Eyesafe® Certified 2.0
- TÜV Rheinland® Low Blue Light (Hardware Solution)

Mil-Spec Test

MIL-STD-810H military test passed (21 test items)

MODEL

TopSeller	: Yes	Announce Date	: 2023-09-15
EAN / UPC / JAN	: 197531053145	End of Support	: 2029-04-06

Note:

^[1] The storage capacity supported is based on the test results with current Lenovo storage offerings.

^[2] Rapid Charge Express is only effective in hibernates or fully shutting down the computer.

^[3] IPS (in-plane switching) technology may refer to IPS, PLS, ADS, AHVA, AAS.

^[4] The system dimensions may vary depending on configurations.

^[5] The system weight is approximate and based on results in Lenovo lab, which varies depending on the source of component, variance of the distribution of each component, and manufacturing process. It may not be the exact weight for each specific model.

^[6] Bluetooth 5.2 is hardware ready but may run at a lower version due to OS limitations.

^[7] Wi-Fi 6E full features might be limited by country-level.....

· Lenovo reserves the right to change specifications without notice.

To see more note information, please link to

<https://psref.lenovo.com/Detail/2190?M=82Y700CJUK>

Premium Care - Advanced Support from Real People. Real Fast.



REAL PERSON

Choose how you want to reach us - through the phone, chat or email - our expert technicians will take care of you.



REAL FAST

Highly trained technicians will provide you real-time solutions, whatever the issue, on your first contact. If needed, our team will schedule an onsite visit for the next business day.



HASSLE FREE

'Getting started' and 'how-to' assistance for hardware and software. Easy solutions that are simple to reach - that's how Premium Care delivers you the ideal support experience.



PC HEALTH CHECK

Free annual PC Health Check that allows our experts to spot issues before you do so they can resolve them quickly and help you avoid PC problems.

Accidental Damage Protection - Protection of your PC from the unexpected.

Experience shows that a significant portion of devices may be damaged (and not covered under warranty) in the first three years. Lenovo's Accidental Damage Protection service covers accidents beyond the system warranty such as drops, spills, bumps and even electrical surges. Make sure your new device has maximum protection, avoid unplanned costs and get peace of mind.

Base Warranty – Included with the systems you purchase, default 1- or 3-year coverage window.

Warranty Extensions & Upgrades – Service and protection that's right for your circumstances.

- Pick Up & Return Courier
- Onsite Support
- Technician Installed Customer
- Replaceable Unit Service
- International Warranty Upgrade

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Recommended Accessories



ThinkPad Professional 15.6-inch Backpack

4X40Q26383

The Lenovo ThinkPad Professional Backpack is a streamlined yet versatile backpack for the on-the-go professional. This clean, modern design carries, protects, and organizes your mobile office, while premium, lightweight...



ThinkPad Hybrid USB-C with USB-A Dock (American Standard Plug Type B)

40AF0135US

The ThinkPad Hybrid USB-C with USB-A Dock expands the capabilities of most any laptop, new or old, making it perfect for enterprise customers with mixed-PC or shared-desk environments. Featuring enterprise-class manag...

For a full list of accessories and services, please visit:
<https://smartfind.Lenovo.com>

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PSREF
Product Specifications
Reference