

HP OmniBook 7 AI 14-fr0000na

An AI PC built for durability and designed to excel

The HP OmniBook 7 14" AI PC combines fast performance with seamless multitasking, powered by the AI-boosted Intel® Core™ Ultra Processor¹. Built to endure tough conditions, it features a vibrant, high-quality display, easy AI access with a built-in Copilot key², and AI-enhanced video calls for professionals on the go.



*Product image may differ from actual product



Tested tough, built tougher

Tested to endure heat, humidity, and minor drops, this PC is built tough and ready to go wherever you need it.



PC efficiency that makes every penny count

Powered by an Intel® Core™ Ultra Processor¹, this PC with Windows Copilot² helps you do more in less time.



Look and sound your best with AI technology

Look and sound your best with AI-enhanced video calls with Poly Camera Pro and audio tuning by Poly Studio.

Sustainability in action

Built for a better tomorrow

This PC is made with recycled materials^{3,4}, is EPEAT® Gold Climate+ rated, and ENERGY STAR® certified^{5,6}



with



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Featuring

Get a fresh perspective

From a rejuvenated Start menu, to new ways to connect to your favorite people, news, games, and content—Windows 11 is the place to think, express, and create in a natural way.⁷

Smarter. Faster. Lighter

Gaming, creating, AI. Do it all on Intel® Core™ Ultra processors⁸

OLED display

With display technology that lights each pixel separately, you'll get deeper blacks for richer contrast, enhanced color depth, and more power efficiency than traditional LED screens.

14 inch Eyesafe® Certified Display with a 16:10 aspect ratio

14 inch Eyesafe® Certified Display with a 16:10 aspect ratio for creating and editing content, and intuitive touchscreen technology to control your PC directly.⁹

Variable refresh rate

Get the best performance for your creative works, while not sacrificing battery life. VRR technology allows your PC to dynamically adjust its refresh rate based on the frame rate of the content you're viewing.

Flicker-free

Using DC Dimming technology that controls brightness by adjusting direct current rather than cycling the backlight, we can eliminate screen flickering for more comfortable viewing.¹⁰

16:10 aspect ratio

A 16:10 aspect ratio lets you see more of your content with less scrolling.

Flicker-free

Using DC Dimming technology that controls brightness by adjusting direct current rather than cycling the backlight, we can eliminate screen flickering for more comfortable viewing.¹⁰

Poly Camera Pro

Poly Camera Pro elevates your video calls with AI to enjoy crystal clear video, customizable settings and professional grade features for a truly immersive video conferencing and collaboration experience.

McAfee Online Protection 30-day trial

Secure your device with award winning antivirus and online protection. Free trial includes secure VPN for privacy and data protection when browsing on public Wi-Fi¹¹

Utilizing recycled metals

HP incorporates increasing amounts of recycled, renewable, and non-virgin raw materials. Because little things make a big difference, this product includes a percentage of recycled metals in the design.¹²

Incorporating ocean-bound plastics

HP incorporates increasing amounts of recycled, renewable, and non-virgin raw materials. Built with the environment in mind, this product includes a percentage of ocean-bound plastic in the design.¹³

EPEAT® Gold with Climate+

With EPEAT® Gold with Climate+, you're choosing a movement towards responsibility and climate action.¹⁴

ENERGY STAR® certified

Save energy and money with ENERGY STAR®, certified by the EPA so you will use less energy and save money where it counts most.⁶

HP Fast Charge

When your laptop is low on power, no one has time to wait hours to recharge. Power down your device and go from 0 to 50% charge in approximately 30 minutes.¹⁵

Wi-Fi 6E (2x2) and Bluetooth® 5.3 wireless card

Enjoy faster speeds, improved performance, greater capacity and lower latencies than earlier iterations with Wi-Fi 6E and Bluetooth® 5.3 wireless card.¹⁶

Camera Shutter

No more unsightly tape and tacky gum to hide your private moments. Ensure your privacy and security with a visible, physical shutter that turns off your PC's camera when not in use.

5MP IR camera with temporal noise reduction and integrated dual array digital microphones

The high-quality-camera lets you video chat in stunning detail, at up to 2592x1944 resolution.¹⁷

1TB PCIe® Gen4 NVMe™ M.2 SSD

With high-speed data transfer, the 1 TB PCIe Gen4 NVMe M.2 SSD offers lightning fast speed and efficient storage.¹⁸

DTS: X® Ultra Technology

By producing authentic, spatially accurate 3D sound through any headset, this technology offers specially tuned audio modes for different game types to provide immersion for the best entertainment experience possible.¹⁹

Dual speakers

Pump up the volume to your favorite music, movie or game with dual-stereo speakers.

Thunderbolt™ 4 with USB™ Type-C®

The latest Thunderbolt™ solution lets you power your device or connect up to two 4K displays with a single cable and blazing 40Gbps signaling rate.

LPDDR5 RAM

Experience speedy and responsive performance with the power efficient LPDDR5 memory. Designed to support higher data rates with less latency, plus faster file transfers and application load.

Backlit keyboard

Keep going even in dimly lit rooms or aboard red-eye flights. With an illuminated keyboard, you can type comfortably in more environments.

Recommended accessories and services (not included)



HP Universal USB-C Multiport Hub
50H98AA



HP 65W GaN USB-C Laptop Charger
600Q7AA



HP 100 Sanitizable Mouse Pad
8X594AA



3-year pickup and return
UM963E



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Specifications



Performance

Operating system

Windows 11 Home

Processor

Intel® Core™ Ultra 7 255H (up to 5.1 GHz with Intel® Turbo Boost Technology, 24 MB L3 cache, 16 cores, 16 threads)^{6,7}

Processor family: Intel® Core™ Ultra 7 processor

Neural Processing Unit (NPU): Intel® AI Boost (13 NPU TOPS)

Chipset

Intel® integrated SoC

Memory

32 GB LPDDR5-5200 MT/s (onboard)

Transfer rates up to 5200 MT/s.

Number of User-accessible Memory Slots: 0

Storage

1 TB PCIe® Gen4 NVMe™ M.2 SSD

25 GB Dropbox storage for 12 months¹

Graphics

Integrated: Intel® Arc™ 140T GPU;

Audio

DTS:X® Ultra; Dual speakers; HP Audio Boost; Poly Studio

Display

35.6 cm (14") diagonal, 2K (1920x1200), OLED, 0.2 ms response time, UWVA, micro-edge, BrightView, Low Blue Light, 300 nits, 95% DCI-P3^{17,21,28}

Screen-to-body ratio

88%¹⁸

Power

100 W USB Type-C® power adapter;

Battery type

4-cell, 68 Wh Li-ion polymer²³

Battery and Power

Supports battery fast charge: approximately 50% in 30 minutes⁵

Connectivity

Wireless connectivity

Intel® Wi-Fi 6E AX211 (2x2) and Bluetooth® 5.3 wireless card

Ports

1 USB Type-A 10Gbps signaling rate; 1 USB Type-A 5Gbps signaling rate; 1 HDMI-out 2.1; 1 headphone/microphone combo; 1 Thunderbolt™ 4 with USB Type-C® 40Gbps signaling rate (USB Power Delivery, DisplayPort™ 2.1, HP Sleep and Charge); 1 USB Type-C® 10Gbps signaling rate (USB Power Delivery, DisplayPort™ 1.4a, HP Sleep and Charge)¹⁹

Webcam

5MP IR camera with temporal noise reduction and integrated dual array digital microphones

Sustainability

Ecolabels

EPEAT® Gold with Climate+²⁷

Energy star certified

ENERGY STAR® certified

Sustainable impact specifications

Ocean-bound plastic in speaker enclosure(s) and bezel; Recycled metal in cover, keyboard frame and base; Keyboard keycaps and scissors contain post-consumer recycled plastic^{39,40,41}

Design

Product color

Glacier silver

Sandblasted anodized finish

Software

HP apps

HP Support Assistant; HP Connection Optimizer; HP Enhanced Lighting

Software

Poly Camera Pro;

1 month trial for new Microsoft 365 customers²⁴

Service & support

McAfee Online Protection 30-day trial; 1-month Adobe free trial offer; PC Game Pass 3-month trial^{2,25}

Additional information

Part Number

P/N: BK7E7EA #ABU

UPC/EAN code: 199251187810

Weight

1.41 kg;

Packed: 2.65 kg

Dimensions

31.4 x 22.65 x 1.49 cm;

Packed: 8 x 38 x 28 cm

Manufacturer Warranty

1 year (1/1/0) limited warranty includes 1 year of parts and labor. No on-site repair. Terms and conditions vary by country. Certain restrictions and exclusions apply.

Keyboard

Full-size, backlit, soft grey keyboard

HP Imagepad

Security management

Mic mute key; Camera privacy shutter; Trusted Platform Module (Firmware TPM) support



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Footnotes

Messaging Footnotes

- ¹ Multi-core is designed to improve performance of certain software products. Not all customers or software applications will necessarily benefit from use of this technology. Performance and clock frequency will vary depending on application workload and your hardware and software configurations. Intel's numbering, branding and/or naming is not a measurement of higher performance. Features and software that require a NPU may require software purchase, subscription or enablement by a software or platform provider, and third-party software may have specific configuration or compatibility requirements. Potential NPU inferencing performance varies by use, configuration, software and other factors.
- ² Copilot in Windows requires Windows 11. Some features require an NPU. Timing of feature delivery and availability varies by market and device. Requires Microsoft account to log in. Where Copilot is not available, the Copilot key will lead to the Bing search engine. See <http://aka.ms/WindowsAIFeatures>.
- ³ Recycled metal is expressed as a percentage of the total weight of the metal according to ISO 14021 definitions for metal parts over 25 grams.
- ⁴ Recycled plastic is expressed as a percentage of the total weight plastic. Post-consumer recycled is based on the definition set in the EPEAT standard for computers, IEEE 16801:2018 standard.
- ⁵ Based on US EPEAT® registration according to IEEE 16801:2018 EPEAT®. Status varies by country. Visit www.epeat.net for more information
- ⁶ ENERGY STAR and the ENERGY STAR logo are registered trademarks of the U.S. Environmental Protection Agency.
- ⁷ Not all features are available in all editions or versions of Windows. Systems may require upgraded and/or separately purchased hardware, drivers, software or BIOS update to take full advantage of Windows functionality. Windows is automatically updated and enabled. High speed internet and Microsoft account required. ISP fees may apply and additional requirements may apply over time for updates. See <http://www.windows.com>.
- ⁸ Multi-core is designed to improve performance of certain software products. Not all customers or software applications will necessarily benefit from use of this technology. Performance and clock frequency will vary depending on application workload and your hardware and software configurations. Intel's numbering, branding and/or naming is not a measurement of higher performance. Intel® Turbo Boost performance varies depending on hardware, software and overall system configuration. See <http://www.intel.com/technology/turboboost/> for more information. Features and software that require a NPU may require software purchase, subscription or enablement by a software or platform provider, and third-party software may have specific configuration or compatibility requirements. Potential NPU inferencing performance varies by use, configuration, software and other factors.
- ⁹ All performance specifications represent the typical specifications provided by HP's component manufacturers; actual performance may vary either higher or lower. Eyesafe® Display for Low Blue Light is the Display Compliance Test Specification quality. See <https://eyesafe.com> for more details. Display measured diagonally
- ¹⁰ The flicker-free capability eliminates screen flickering through integrating DC-dimming LED backlights.
- ¹¹ Internet access required and not included. McAfee is pre-installed on your PC and an account is required for activation. Subscription renewal required after trial period. VPN feature is not available in India, China, Syria or North Korea. McAfee is not compatible with Windows 11 in S mode. You'll need to permanently switch out of S mode. There's no charge to switch out of S mode, but you won't be able to turn it back on.
- ¹² Laptops manufactured with recycled metal material in product cover. Percentage of recycled metal varies by product.
- ¹³ Percentage of ocean-bound plastic contained in each component varies by product.
- ¹⁴ EPEAT® Gold with Climate+ registered where applicable. EPEAT registration varies by country. See www.epeat.net for registration status by country.
- ¹⁵ Recharges your battery up to 50% within 30 minutes when the system is off using "shut down" command, using HP adapter provided with the notebook or recommended power adapter disclosed in specifications (see <http://store.hp.com>). After charging has reached 50% capacity, charging speed will return to normal speed. Charging time may vary +/- 10% due to System tolerance. Available on select HP products.
- ¹⁶ Wi-Fi 6E requires a Wi-Fi 6E router, sold separately, to function in the 6GHz band. Availability of public wireless access points limited. Wi-Fi 6E is backwards compatible with prior 802.11 specs. And available in countries where Wi-Fi 6E is supported. Wi-Fi 6E is designed to support gigabit data rate when transferring files between two devices connected to the same router. Requires a wireless router, sold separately. Bluetooth® 5.3 operation requires Microsoft OS/Chrome OS support. Until Microsoft OS/Chrome OS support is available, Bluetooth® 5.3 will function as Bluetooth® 5.2 or lower.
- ¹⁷ Features may require software or other 3rd party applications to provide the described functionality. Internet service required and not included.
- ¹⁸ For hard drives, GB = 1 billion bytes. TB = 1 trillion bytes. Actual formatted capacity is less. Up to 35GB of system disk is reserved for system recovery software.
- ¹⁹ Listening to personal stereo equipment at full volume for long periods can damage the user's hearing. To reduce the risk of hearing damage, lower the volume and amount of time listening at full volume.

Technical Specifications Footnotes

- ¹ 25 GB of free Dropbox storage for 12 months from date of registration. For complete details and terms of use, including cancellation policies, visit the Dropbox website at <https://www.dropbox.com/help/space/hp-promotion>. Internet service required and not included.
- ² Internet access required and not included. McAfee is pre-installed on your PC and an account is required for activation. Subscription renewal required after trial period. VPN feature is not available in India, China, Syria or North Korea. McAfee is not compatible with Windows 11 in S mode. You'll need to permanently switch out of S mode. There's no charge to switch out of S mode, but you won't be able to turn it back on.
- ³ Recharges your battery up to 50% within 30 minutes when the system is off using "shut down" command, using HP adapter provided with the notebook or recommended power adapter disclosed in specifications (see <http://store.hp.com>). After charging has reached 50% capacity, charging speed will return to normal speed. Charging time may vary +/-10% due to System tolerance. Available on select HP products.
- ⁶ Multi-core is designed to improve performance of certain software products. Not all customers or software applications will necessarily benefit from use of this technology. Performance and clock frequency will vary depending on application workload and your hardware and software configurations. Intel's numbering, branding and/or naming is not a measurement of higher performance.
- ⁷ Intel® Turbo Boost performance varies depending on hardware, software and overall system configuration. See <http://www.intel.com/technology/turboboost/> for more information.
- ¹¹ Wi-Fi 6E is designed to support gigabit data rate when transferring files between two devices connected to the same router. Requires a wireless router, sold separately.
- ¹⁷ All performance specifications represent the typical specifications provided by HP's component manufacturers; actual performance may vary either higher or lower.
- ¹⁸ Percent of active plus nonactive viewing area to active viewing area plus border. Measure with lid vertical to the desk.
- ¹⁹ For best results with HP Sleep and Charge, use a USB charging protocol standard cable or cable adapter with an external device.
- ²¹ TUV Low Blue Light is the Display Compliance Test Specification quality. See <https://www.certipedia.com/?locale=en#search> for more details.
- ²³ Actual battery Watt-hours (Wh) will vary from design capacity. Battery capacity will naturally decrease with shelf life, time, usage, environment, temperature, system configuration, loaded apps, features, power management settings and other factors.
- ²⁴ Must activate within 180 days of Windows activation.
- ²⁵ Offer available worldwide (excluding China and embargoed countries or other countries identified as restricted by applicable law or regulation) to new and existing subscribers who are 18+. Click on the Adobe icon in the start menu to redeem a 1-month free trial membership for select Adobe software. The software is tied to the device and is not transferrable. If you would like to sign up for an auto-renewing subscription, you can provide your payment method at sign-up. By adding a payment method, your subscription will automatically renew at the then current rate on your renewal date until you cancel. If you cancel before the end of the one-month free trial, you won't be charged. You can cancel your subscription anytime via your Adobe Account page or by contacting Customer Support. Please see current prices for Adobe products available in this offer. Offer not available to Education, OEM, or volume licensing customers. Subject to availability where the recipient resides. Additional terms and conditions may apply. VOID WHERE PROHIBITED OR RESTRICTED BY LAW.
- ²⁷ Based on U.S. EPEAT® registration according to IEEE 16801:2018 EPEAT®. EPEAT® status varies by country. Visit www.epeat.net for more information.
- ²⁸ Eyesafe® Display for Low Blue Light is the Display Compliance Test Specification quality. See <https://eyesafe.com> for more details.
- ³⁷ Weight and system dimensions may fluctuate due to configuration and manufacturing variances.
- ³⁹ Percentage of ocean-bound plastic contained in each component varies by product.
- ⁴⁰ Laptops manufactured with recycled metal material in product cover. Percentage of recycled metal varies by product.
- ⁴¹ Keyboard components contain post-consumer recycled plastic. Percentage of post consumer recycled contained in each component varies by product.
- ⁴⁵ The Flicker-free capability is eliminating screen flickering through integrating DC-dimming LED backlights or LED emissions. OLED panel is functional with DC-DIMMING when above 100nits.
- ⁴⁶ Bluetooth® 5.3 operation requires Microsoft OS/Chrome OS support. Until Microsoft OS/Chrome OS support is available, Bluetooth® 5.3 will function as Bluetooth® 5.2 or lower.

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May 2025

