

HP OmniBook 7 AI 14-fr0004na

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}

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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

Intel® Core™ Ultra Processors (Series 2)

Experience versatility with Intel® Core Ultra Processors. Evolved AI that makes intelligent collaboration and creation more accesible than ever before.⁸

Intel® Graphics

Enjoy vivid and immersive visuals in creative applications and gaming.⁹

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.¹⁰

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.¹¹

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.¹¹

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-Fi¹²

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.¹³

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.¹⁴

EPEAT® Gold with Climate+

With EPEAT® Gold with Climate+, you're choosing a movement towards responsibility and climate action.¹⁵

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 45 minutes.¹⁶

Bluetooth 5.4 Wireless Card

Bluetooth® 5.4 comes with two new features that together provide seamless connectivity.¹⁷

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.¹⁸

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.¹⁹

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.²⁰

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 Gallium Nitride 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 255U (up to 5.2 GHz with Intel® Turbo Boost Technology, 12 MB L3 cache, 12 cores, 14 threads)^{6,7}
Processor family: Intel® Core™ Ultra 7 processor
Neural Processing Unit (NPU): Intel® AI Boost (12 NPU TOPS)

Chipset
Intel® integrated SoC

Memory
16 GB LPDDR5-7467 MT/s (onboard)
Transfer rates up to 7467 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® Graphics;

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
65 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 45 minutes⁵

Connectivity

Wireless connectivity
Intel® Wi-Fi 7 BE201 (2x2) and Bluetooth® 5.4 wireless card, non-vPro®

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 3.1, DisplayPort™ 2.1, HP Sleep and Charge); 1 USB Type-C® 10Gbps signaling rate (USB Power Delivery 3.1, 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: C7DX8EA #ABU
UPC/EAN code: 199642188884

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 1680.1-2018 standard.

⁵ Based on US EPEAT® registration according to IEEE 1680.1-2018 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 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, and other factors.

⁹ For more complete information on configurations and workloads, visit www.Intel.com/PerformanceIndex. Intel technologies may require enabled hardware, software or service activation. No product or component can be absolutely secure. Your costs and results may vary. © Intel Corporation. Intel, the Intel logo, and other Intel marks are trademarks of Intel Corporation or its subsidiaries. Other names and brands may be claimed as the property of others.

¹⁰ 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

¹¹ The flicker-free capability eliminates screen flickering through integrating DC-dimming LED backlights.

¹² 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.

¹³ Laptops manufactured with recycled metal material in product cover. Percentage of recycled metal varies by product.

¹⁴ Percentage of ocean-bound plastic contained in each component varies by product.

¹⁵ EPEAT® Gold with Climate+ registered where applicable. EPEAT registration varies by country. See www.epeat.net for registration status by country.

¹⁶ Recharges your battery up to 50% within 45 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.

¹⁷ Bluetooth is a trademark owned by its proprietor and used by Hewlett-Packard Company under license. Optional features sold separately or as add-on features.

¹⁸ Features may require software or other 3rd party applications to provide the described functionality. Internet service required and not included.

¹⁹ 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.

²⁰ 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 45 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.

¹² Wireless access point and Internet service required and sold separately. Availability of public wireless access points limited. Wi-Fi 7 (802.11BE) functionality requires Windows 11 2024, select Intel® Core™ or Intel® Core™ Ultra processor, and a Wi-Fi 7 router, sold separately. Wi-Fi 7 is backwards compatible with prior 802.11 specs. Available in countries where Wi-Fi 7 is supported. The specification for 802.11BE is a draft specification and is not final. If the final specification differs from the draft specification, it may affect the ability of the device to communicate with other 802.11BE devices.

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 1680.1-2018 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® 5.4 operation requires Microsoft OS/Chrome OS support. Until Microsoft OS/Chrome OS support is available, Bluetooth® 5.4 will function as Bluetooth® 5.3 or lower.

⁵⁰ Copilot in Excel requires AutoSave to be enabled, meaning the file must be saved to OneDrive; it doesn't function with unsaved files. Copilot features in Outlook apply to accounts with @outlook.com, @hotmail.com, @live.com, or @msn.com email addresses and are available in Outlook.com, Outlook built into Windows, Outlook on Mac, and iOS and Android apps. AI features only available to Microsoft 365 Family subscription owner and cannot be shared; usage limits apply. Learn more [Learn more Understanding AI credits - Microsoft Support](#). Microsoft Copilot features in Microsoft 365 are not available in China or Macao SAR.

