# HP OmniBook 7 Laptop Next Gen AI 14-hg0005nax

## HP OmniBook 7 Next Gen AI PC—powerful, portable, and durable

The HP OmniBook 7 Next Gen AI PC is a durable HP laptop built for professionals, tested to 11 MIL-STD US military-grade standards[1] to handle daily wear, heat, humidity, and minor drops, while using built-in AI[4] features to support smarter multitasking, clearer video calls, and everyday productivity on the go.



*Product image may differ from actual product

### Shock. Drop. Roll. Tested tough. Built tougher

Concerned about durability? MIL-STD testing[1] helps this PC withstand heat, humidity, and minor drops.

### PC efficiency designed to maximize value

Built-in AI[4] with Intel® Core™ Ultra processing[2] helps you multitask efficiently and get more done in less time.

### Look and sound sharp in every interaction

A vibrant display[3] with AI-enhanced[4] audio and video helps deliver clearer, more professional video calls.

## Sustainability in action

### Built for a better tomorrow

This 14-inch laptop contains recycled metals[5] and ocean-bound plastics[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 7 Series 3 processor**
No tradeoffs. Intel® Core™ Ultra Series 3 processors deliver what matters: incredible battery life, powerful performance, and built-in graphics and AI to revolutionize how you create, game, and work anywhere. Feel the power of Intel Inside®.[8]

**Intel® Graphics**
Stream your favorite shows, hop on video calls, and scroll through photo edits. All with smooth, responsive visuals. Built-in Intel® Graphics handle everyday entertainment and multitasking with ease, no extra GPU, no extra bulk.[9]

**3K OLED display**
See more of your screen with less scrolling with a 16:10 aspect ratio that delivers an optimized portrait view for a more comfortable way to read and browse.[10]

**HP Eye Ease**
Enjoy every detail without the strain. HP Eye Ease reduces blue light to keep your eyes comfortable while preserving vibrant and accurate colors.[11]

**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.

**VESA Certified DisplayHDR True Black 1000**
Elevate your viewing experience with VESA DisplayHDR True Black 1000 certified display. Ultra-deep blacks, vibrant colors, and 1000 nits peak brightness deliver high contrast and immersive visuals for entertainment and content creation.[12]

**Low Blue Light**
Protect your eyes from harmful blue light with a low blue light display.

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

**100% DCI-P3**
With 100% DCI-P3, experience a wider color range and cinema-grade visuals—richer reds, deeper greens, and vibrant color that elevates movies, photos, and creative work.[13]

**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.

**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.[5]

**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]

**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.[15]

**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.[16]

**Realtek Wi-Fi 7 and Bluetooth® 6.0 wireless card**
Take a leap in wireless performance with new levels of increased speed and reduced latency with Wi-Fi 7. Paired with Bluetooth® 6.0.[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.

**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]

**Poly Studio Audio**
HP + Poly together will continuously accelerate innovation across our hybrid solutions, including AI-generated technology. With pitch perfect audio, you'll get the best experience to collaborate anywhere with audio tuned by Poly Studio.

**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.

**LPDDR5X RAM**
Experience speedy and responsive performance with the power efficient LPDDR5X 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

Datasheet

# HP OmniBook 7 Laptop Next Gen AI 14-hg0005nax

## Specifications





### Performance

**Operating system**
Windows 11 Home
**Processor**
Intel® Core™ Ultra 7 356H (up to 4.7 GHz with Intel® Turbo Boost Technology, 18 MB L3 cache, 16 cores, 16 threads)[6,7]
Processor family: Intel® Core™ Ultra 7 processor
Neural Processing Unit (NPU): Intel® AI Boost (47 NPU TOPS)
**Chipset**
Intel® integrated SoC
**Memory**
32 GB LPDDR5x-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
100 GB Dropbox storage for 3 months[1]
**Graphics**
Integrated: Intel® Graphics;
**Audio**
DTS:X Ultra™; Dual speakers; HP Audio Boost; Poly Studio
**Display**
35.6 cm (14") diagonal, 3K (2880 x 1800), OLED, up to 120 Hz, 0.2 ms response time, UWVA, micro-edge, BrightView , Low Blue Light, SDR 500 nits, HDR 1100 nits, 100% DCI-P3[17,21,26,28]
**Screen-to-body ratio**
88%[18]
**Power**
100 W AC power adapter (recommended, sold separately);
**Battery type**
4-cell, 68 Wh Li-ion polymer[23]
**Battery and Power**
Supports battery fast charge: approximately 50% in 30 minutes[5]

### Connectivity

**Wireless connectivity**
MediaTek Wi-Fi 7 MT7925 (2x2) and Bluetooth® 6.0 wireless card [12,46]
**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 HDR auto switch, 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, scissors and keyboard plate contain post-consumer recycled materials[39,40,41]

### Design

**Product color**
Meteor silver aluminum
Sandblasted anodized finish

### Software

**HP apps**
HP Support Assistant; HP Connection Optimizer; OMEN Gaming Hub
**Software**
Copilot in Windows with Copilot key; Poly Camera Pro;
1 month trial for new Microsoft 365 customers[24]
**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: E40N5EA #ABU
UPC/EAN code: 885981113068
**Weight**
1.43 kg;
Packed: 2.44 kg
**Dimensions**
31.4 x 22.65 x 1.49 cm;
Packed: 6.3 x 47.3 x 27.1 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 gray 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] Testing is not intended to demonstrate fitness of U.S. Department of Defense (DoD) contract requirements or for military use. Test results are not a guarantee of future performance under these test conditions. Accidental damage requires an optional HP Accidental Damage Protection Care Pack.
[2] 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.
[3] Display measured diagonally.
[4] 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. AI-related functionality may vary depending on the device model, system configuration, installed software, and user settings. AI systems can produce inaccurate, incomplete, or biased results and should be used with appropriate oversight. Users are responsible for validating any critical outputs generated through AI-enabled features.
[5] Laptops manufactured with recycled metal material in product cover. Percentage of recycled metal varies by product.
[6] Keyboard components contain post-consumer recycled materials. Percentage of post consumer recycled contained in each component varies by product.
[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.
[9] For more complete information on configurations and workloads, visit www.Intel.com/PerformanceIndex.
[10] All performance specifications represent the typical specifications provided by HP's component manufacturers; actual performance may vary, either higher or lower. Display measured diagonally
[11] HP Eye Ease hardware that does not impact color accuracy used with Eyesafe. Eyesafe® certified website: https://eyesafe.com.
[12] DisplayHDR™ is the high-performance Monitor and Display Compliance Test Specification from VESA specifying HDR (High Dynamic Range) quality. See http://displayhdr.org for more details.
[13] All performance specifications represent the typical specifications provided by HP's component manufacturers; actual performance may vary either higher or lower.
[14] Percentage of ocean-bound plastic contained in each component varies by product.
[15] ENERGY STAR and the ENERGY STAR logo are registered trademarks of the U.S. Environmental Protection Agency.
[16] 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.
[17] Wireless access point and internet service required and sold separately. Availability of public wireless access points limited. Wi-Fi 7 is backwards compatible with prior Wi-Fi 6E specs. Bluetooth® is a trademark owned by Bluetooth SIG inc. and used by HP Inc. under license.
[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.

## Technical Specifications Footnotes

[1] 100 GB of free Dropbox storage for 3 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.
[5] 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.
[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.
[26] DisplayHDR™ is the high-performance Display Compliance Test Specification from VESA specifying HDR (High Dynamic Range) quality. See http://displayhdr.org for more details.
[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 materials. Percentage of post consumer recycled contained in each component varies by product.
[46] Bluetooth® 6.0 operation requires Microsoft OS/Chrome OS support. Until Microsoft OS/Chrome OS support is available, Bluetooth® 6.0 will function as Bluetooth® 5.4 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.
[52] Front height measurement is near the front edge where the chassis bottom cover taper begins. Back height measurement is near the back edge where the chassis bottom cover taper ends, excluding transition area to rubber feet and hinge cap.

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