Datasheet

HP OmniBook 5 LaptopAI 14-mh0055nax

Built for what's next. Ready for every side of life.

Take on every side of your day with the HP OmniBook 5 14-inch Laptop. Built for what's next, it combines Windows compatibility, all-day battery life[1], built-in HDMI and USB-C® connectivity[3], a vibrant 2K OLED display[4], and a lightweight design that's easy to take anywhere.



*Product image may differ from actual product

Ready for wherever you are headed

Switch interests, projects, or plans without switching laptops. Windows compatibility helps you run what you need.

Ready for whatever the day demands

Connect displays, projectors, and more with built-in HDMI and USB-C®[3], no adapter required.

Ready for your downtime

Stream, game, and unwind with a vibrant 2K OLED[4] display, immersive audio, and AI-enhanced calls[5].

Sustainability in action

Designed with purpose

Thoughtfully designed with recycled metals[6] in its chassis. EPEAT Silver with Climate+[7] and ENERGY STAR® 9.0 certified.

with

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Featuring

Windows is fast, powerful, and secure
Windows 11 is fast, powerful, and secure, giving you a dependable foundation to work, create, and stay protected every day.[8]

Intel® Core™ Series 3 processor
Turns out, you can have it all: incredible battery, favorite apps ready out of the box, epic streaming, seamless calls, and smart features. Intel® Core™ Series 3 processors bring premium to everyday laptops. That's the power of Intel Inside®.[9]

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.[10]

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.[11]

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

2K OLED touch display
Experience rich colors and crisp visuals for your everday productivity with an OLED touch display, 1920x1200 resolution, and up to 300 nits of brightness.[12]

Micro Edge display
By squeezing a larger screen into a smaller frame, this ultra-thin, barely visible bezel revolutionizes your display's appearance with a beautifully efficient design.[13]

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.[14]

PC Game Pass 3-month trial
Enjoy 3 months of PC Game Pass – free with your new HP device. With new games added all the time, there's always something new to play.[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.[16]

Recycled aluminum
This laptop design includes recycled aluminum.[17]

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.[18]

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.[19]

FHD IR camera with HDR auto switch, temporal noise reduction and integrated dual array digital microphones
Deliver smooth and detailed FHD video with HDR auto-switch that balances contrast and color, even in challenging backlight conditions. While the infrared sensor supports facial recognition log-in with Windows Hello.[4]

USB Type-C® Power + Display + 10Gbps signaling rate
Power your device or connect to an external display from just one USB-C® port with 10Gbps signaling rate. And it's reversible, so you never have to worry about plugging in upside down.[20]

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.

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.

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.

Recommended accessories and services (not included)



HP 65W GaN Wall Charger
C90MRAA



HP 490K Multi-Device Dual-Mode Keyboard
BD5F4AA



HP 700 Rechargeable Wireless Mouse
AZ7B0AA



3-year pickup and return
UM963E

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Specifications





Performance

Operating system
Windows 11 Home
Processor
Intel® Core™ 5 320 (up to 4.6 GHz with Intel® Turbo Boost Technology, 6 MB L3 cache, 6 cores, 6 threads)[6,7]
Processor family: Intel® Core™ 5 processor
Neural Processing Unit (NPU): Intel® AI Boost (16 NPU TOPS)
Chipset
Intel® integrated SoC
Memory
8 GB LPDDR5-6400 MT/s (onboard)
Transfer rates up to 6400 MT/s.
Storage
512 GB PCIe® Gen4 NVMe™ M.2 SSD
100 GB Dropbox storage for 3 months[1]
Graphics
Integrated: Intel® Graphics;
Audio
Dual speakers; Poly Studio; DTS:X Ultra™
Display
35.6 cm (14") diagonal, 2K (1920 x 1200), OLED, multitouch-enabled, 0.2 ms response time, UWVA, edge-to-edge glass, micro-edge, Corning® Gorilla® Glass 3, Low Blue Light, 300 nits, 100% DCI-P3[17,21]
Screen-to-body ratio
90%[18]
Power
65 W AC power adapter (recommended, sold separately);
Battery type
3-cell, 60 Wh Li-ion polymer[23]
Battery and Power
Supports battery fast charge: approximately 50% in 45 minutes[5]

Connectivity

Wireless connectivity
Intel® Wi-Fi 6E AX211 (2x2) and Bluetooth® 5.3 wireless card [12,46]
Ports
1 HDMI-out 2.1; 1 headphone/microphone combo; 2 USB Type-C® 10Gbps signaling rate (USB Power Delivery 3.1, DisplayPort™ 2.1, HP Sleep and Charge)[19]
Webcam
1080p FHD IR camera with HDR auto switch, temporal noise reduction and integrated dual array digital microphones

Sustainability

Energy star certified
ENERGY STAR® certified
Sustainable impact specifications
Recycled metal in cover, keyboard frame and base[40]
EPEAT registered
EPEAT Silver with Climate+[55]

Design

Product color
Smoke silver aluminum
Sandblasted anodized finish

Software

HP apps
HP Support Assistant; HP Connection Optimizer; OMEN Gaming Hub
Software
1 month trial for new Microsoft 365 customers[24,50]
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: E7PL1EA
UPC/EAN code: 885981999228
Weight
1.16 kg;
Packed: 1.75 kg
Dimensions
31.25 x 21.9 x 1.17 cm;
Packed: 6.3 x 44.1 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, smokey gray keyboard
HP Imagepad
Security management
Mic mute key; Trusted Platform Module (Firmware TPM) support

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Footnotes

Messaging Footnotes

[1] Battery life tested by HP using continuous Netflix video playback, Windows 10 Netflix app, 150 nits brightness, system audio level 17%, headphone attached, played full-screen, wireless on. Actual battery life will vary depending on configuration and maximum capacity will naturally decrease with time and usage.
[2] 2K OLED Display: *Features may require software or other 3rd party applications to provide the described functionality. Internet service required and not included.
[3] Actual throughput may vary. USB Type-C® and USB-C® are trademarks of USB Implementers Forum. DisplayPort™ and the DisplayPort™ logo are trademarks owned by the Video Electronics Standards Association (VESA®) in the United States and other countries.
[4] Features may require software or other 3rd party applications to provide the described functionality. Internet service required and not included.
[5] 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.
[6] Recycled metal is expressed as a percentage of the total weight of metal as defined in the EPEAT criteria.
[7] Based on U.S. EPEAT registration according to the EPEAT criteria. EPEAT registered where applicable; tier levels may vary by country. See www.epeat.net for registration status and tier levels by country.
[8] Battery life varies significantly by device and with settings, usage and other factors. See aka.ms/w11claims. Based on speedometer benchmark. Performance will vary significantly by device. See aka.ms/w11claims
[9] 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.
[10] For more complete information on configurations and workloads, visit www.Intel.com/PerformanceIndex.
[11] All performance specifications represent the typical specifications provided by HP's component manufacturers; actual performance may vary either higher or lower.
[12] All performance specifications represent the typical specifications provided by HP's component manufacturers; actual performance may vary either higher or lower. Display measured diagonally
[13] Display measured diagonally
[14] 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
[15] Claim within 30 days of device activation. New and eligible returning members only. Valid payment method required. Subscription continues automatically at regular monthly price unless cancelled. Subject to xbox.com/subscriptionterms. Benefits vary by Xbox Game Pass plan. Terms and Exclusions apply. Game library varies over time, by region, device, and Xbox Game Pass plan. xbox.com/gamepass. For details on partner subscriptions included with PC Game Pass: https://www.ea.com/ea-play/, https://store.ubisoft.com/ubisoftplus/classics. In-game benefits vary by game, region, and over time. Game must be installed to access in-game benefits. Terms apply, see xbox.com/subscriptionterms for more. Excludes HP Chromebooks.
[16] ENERGY STAR and the ENERGY STAR logo are registered trademarks of the U.S. Environmental Protection Agency.
[17] Laptops manufactured with recycled aluminum material in product cover. Percent of recycled aluminum varies by product.
[18] 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.
[19] 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.
[20] Actual throughput may vary. USB Type-C® and USB-C® are trademarks of USB Implementers Forum. Display measured diagonally

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 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] 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 6GHz is supported.
[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.
[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.
[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.
[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.
[55] Based on U.S. EPEAT registration according to the EPEAT criteria. EPEAT registered where applicable, tier levels may vary by country. See www.epeat.net for registration status and tier levels by country.

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