OVERVIEW



1. HDMI	5. SD card reader
2. USB-A (USB 5Gbps), Always On	6. Headphone / microphone combo jack (3.5mm)
3. Thunderbolt 4	7. USB-A (USB 5Gbps)
4. Thunderbolt 4	8. Power button

PERFORMANCE

Processor

Processor Family

12th Generation Intel® Core™ i5 / i7 Processor

Processor**

Processor Name	Cores	Threads	Base Frequency	Max Frequency	Cache	Processor Graphics
Core i5-12500H	12 (4 P-core + 8 E-core)	16	P-core 2.5GHz / E-core 1.8GHz	P-core 4.5GHz / E-core 3.3GHz	18MB	Intel® Iris® Xe Graphics
Core i7-12700H	14 (6 P-core + 8 E-core)	20	P-core 2.5GHz / E-core 1.8GHz	P-core 4.7GHz / E-core 3.5GHz	24MB	Intel® Iris® Xe Graphics

Operating System

Operating System**

- Windows® 11 Pro
- Windows® 11 Home
- Windows® 11 Home Single Language
- No preload operating system

Graphics

Graphics

Graphics	Type	Memory	Key Features
Intel® Arc™ A370M Graphics	Discrete	4GB GDDR6	DirectX® 12 Ultimate

Monitor Support

Monitor Support

Supports up to 3 independent displays (native display and 2 external monitors via HDMI® and Thunderbolt™)
• HDMI® supports up to 4096x2160@60Hz
• Thunderbolt™ supports up to 5120x3200@60Hz

Chipset

Chipset

Intel® SoC (System on Chip) platform

Memory

Max Memory

- 16GB soldered memory, not upgradable
- 32GB soldered memory, not upgradable

Memory Slots

Memory soldered to systemboard, no slots, dual-channel

Memory Type

LPDDR5-4800

Storage

Storage Support[1]

One drive, up to 1TB M.2 2242 SSD

Storage Slot

One M.2 2280 PCIe® 4.0 x4 slot

Storage Type

Disk Type	Interface	Offering
M.2 2242 SSD	PCIe® NVMe®, PCIe® 4.0 x4	512GB / 1TB

Notes:

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

Removable Storage

Card Reader

SD card reader

Multi-Media

Audio Chip

High Definition (HD) Audio, Realtek® ALC3306 codec

Speakers

4 stereo speakers, 3W x2 (woofers), 2W x2 (tweeters), optimized with Dolby Atmos®, Smart Amplifier (AMP)

Microphone

Dual-microphone array

Camera

FHD 1080p + IR, with privacy shutter, fixed focus

Sensor

Sensors

- Accelerometer (G) sensor
- Hall sensor

Battery

Battery

Integrated Li-Polymer 99.99Wh battery, supports Rapid Charge Express (get 3 hours of runtime with a 15-minute charge)[1]

Max Battery Life[2]

MobileMark® 2018@200nits: 10 hr
Local video (1080p) playback@150nits: 26 hr

Notes:

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

[2] All battery life claims are approximate maximum and based on results using the MobileMark® 2014, MobileMark® 2018, MobileMark® 25, JEITA 2.0, continuous 1080p video playback (with 150nits brightness and default volume level) or Google Power Load Test (PLT) battery-life benchmark tests. Actual battery life will vary depending on many factors such as product configuration and usage, software use, wireless functionality, power management settings, and screen brightness. The maximum capacity of the battery will decrease with time and use.

Power Adapter

Power Adapter

100W USB-C® slim (3-pin) AC adapter, supports PD 3.0, 100-240V, 50-60Hz

DESIGN

Display

Display[1]

Size	Resolution	Touch	Type	Brightness	Surface	Aspect Ratio	Contrast Ratio	Color Gamut	Refresh Rate	Viewing Angle (L/R/U/D)	Key Features
16″	2.5K (2560x1600)	Multi-touch	IPS	400nits	Glossy	16:10	1,200:1	100% sRGB	60Hz	85°/85°/85°/85°	Above 90.5% screen-to-body ratio, Dolby Vision®, TÜV Low Blue Light (Hardware)

Touchscreen

GF2 or OGM (One Glass Metal mesh) multi-touch, supports 10-point touch

Notes:

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

Multi-mode

Multi-mode

Laptop, tent, stand, and tablet modes supported by 360° hinge

Input Device

Pen**

- Lenovo® Digital Pen with replaceable AAAA alkaline battery, 4096 levels of pressure sensitivity. For more information, please read Lenovo® Digital Pen Overview
- Lenovo® Digital Pen without replaceable AAAA alkaline battery, 4096 levels of pressure sensitivity. For more information, please read Lenovo® Digital Pen Overview
- No pen (purchase separately)

Keyboard

6-row, multimedia Fn keys, numeric keypad

Keyboard Backlight

LED backlight

Touchpad

Buttonless glass surface multi-touch touchpad, supports Precision TouchPad (PTP), 80 x 135 mm (3.15 x 5.31 inches)

Mechanical

Dimensions (WxDxH)[1]

361.51 x 249.65 x 19.2 mm (14.23 x 9.83 x 0.76 inches)

Weight[2]

Starting at 2.16 kg (4.76 lbs)

Case Color**

- Arctic grey
- Storm grey

Surface Treatment

Aluminium CNC (anodized with sandblasting)

Case Material

Aluminium (top), aluminium (bottom)

Notes:

[1] The system dimensions may vary depending on configurations.

[2] 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.

CONNECTIVITY

Network

Ethernet

No onboard Ethernet

WLAN + Bluetooth®[1][2]

Wi-Fi® 6E, 802.11ax 2x2 Wi-Fi® + Bluetooth® 5.1, M.2 card

Notes:

[1] Bluetooth® may operate at a lower version than hardware design depending on the factors such as operating system, driver, etc.

[2] Wi-Fi® 6E full features might be limited by country-level restrictions.

6GHz Wi-Fi® 6E operation is dependent on the support of the operating system, routers/APs/Gateways that support Wi-Fi® 6E, and the regional regulatory certifications & spectrum allocation.

Ports[1]

Standard Ports

- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1)
- 1x USB-A (USB 5Gbps / USB 3.2 Gen 1), Always On
- 2x USB-C® (Thunderbolt™ 4 / USB4® 40Gbps), with USB PD 3.0 and DisplayPort™ 1.4a
- 1x HDMI® 2.0
- 1x Headphone / microphone combo jack (3.5mm)
- 1x SD card reader

Notes:

[1] The transfer speed of the ports will vary and, depending on many factors, such as the processing speed of the host device, file attributes and other factors related to system configuration and your operating environment, will be slower than theoretical speed.

SECURITY & PRIVACY

Security

Security Chip

Firmware TPM 2.0 integrated in SoC

Fingerprint Reader

- Touch style fingerprint reader on palm rest
- No fingerprint reader

BIOS Security

- Administrator password
- User password
- User hard disk password
- Master hard disk password
- Self-healing BIOS

Other Security

- IR camera for Windows® Hello (facial recognition)
- Camera privacy shutter

SERVICE

Warranty

Base Warranty**

- 1-year courier or carry-in service
- 1-year courier or carry-in with 2-year system board service (Korea only)
- 2-year (1-yr battery) courier or carry-in service

ACCESSORIES

Bundled Accessories

Bundled Accessories[1]

None

Notes:

[1] For more compatible accessory solutions, please visit Accessories for Yoga® 7 16IAH7.

OPERATING REQUIREMENTS

Operating Environment

Temperature[1]

- At altitudes up to 2438 m (8,000 ft)
  - Operating: 5°C to 35°C (41°F to 95°F)
  - Storage: 5°C to 43°C (41°F to 109°F)
- At altitudes above 2438 m (8,000 ft)
  - Maximum temperature when operating under the unpressurized condition: 31.3°C (88°F)

Relative Humidity

- Operating: 8% to 95% at wet-bulb temperature 23°C (73°F)
- Storage and transportation: 5% to 95% at wet-bulb temperature 27°C (81°F)

Altitude

Maximum altitude (without pressurization): 3048 m (10,000 ft)

Notes:

[1] When you charge the battery, its temperature must be no lower than 10°C (50°F).

CERTIFICATIONS

Green Certifications[1]

Green Certifications[2]

- ENERGY STAR® 8.0
- EPEAT™ Silver Registered[3]
- ErP Lot 3
- RoHS compliant

Notes:

[1] The items listed under the "Green Certifications" section may not only refer to certification but also registration or self-declaration. For ESG & regulatory compliance documents, please visit https://compliance.lenovo.com.

[2] EPEAT™ registration and ENERGY STAR® certification are dependent on system OS. Please visit epeat.net and energystar.gov for more information.

[3] EPEAT™ is registered where applicable, please visit epeat.net for registration status by country.

Other Certifications

Other Certifications

- (Optional) Intel® Evo™ Platform
- TÜV Rheinland® Low Blue Light (Hardware Solution)

- Feature with ** means that only one offering listed under the feature is configured on selected models.

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