

**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<sup>[1]</sup>

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)<sup>[1]</sup>

### Max Battery Life<sup>[2]</sup>

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<sup>[1]</sup>

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)<sup>[1]</sup>

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

### Weight<sup>[2]</sup>

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®<sup>[1][2]</sup>

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<sup>[1]</sup>

### 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 the 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
- Master hard disk password
- User 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

## ENVIRONMENTAL

### Operating Environment

#### Temperature<sup>[1]</sup>

- 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).

## ACCESSORIES

### Bundled Accessories

#### Bundled Accessories<sup>[1]</sup>

None

Notes:

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

## CERTIFICATIONS

### Green Certifications<sup>[1]</sup>

#### Green Certifications<sup>[2]</sup>

- ENERGY STAR® 8.0
- EPEAT™ Silver Registered<sup>[3]</sup>
- 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.

[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 see [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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