

# HP 14 inch Laptop PC 14-em0567nr



## Built to handle every day your way

When the struggle is real, get real power with the HP 14 inch Laptop PC. Packing everything from a reliable AMD processor to ample storage, and sustainable design, it has never been easier to respect the planet and your budget.

### Product overview

- **More muscle for your hustle:** Take on your day and go beyond just raw processor speed with the reliable processing power of the AMD processor. The long-lasting battery life and HP Fast Charge help you stay in the zone longer. With ample storage and speedy connections, this laptop has everything you need to be unstoppable all day, every day.
- **The right fit for every flow:** Whether in your comfy spot at home, or taking your laptop on the go, this HP 14 inch laptop was built for wherever your day takes you. Enjoy a great view of your favorite content with vibrant resolution and a 84% screen-to-body ratio. Connect with your crew or any of your connected devices with plenty of ports. Built to keep you in your flow, wherever that might be.
- **Connect and collaborate on your terms:** When it comes to staying connected with friends or collaborating with others, this 14 inch HP laptop understands the assignment. Video chat in vibrant clarity with a high quality camera you can close when not in use, keeping you safe online. With dual array digital microphones and noise reduction software you will be able to get every point across.<sup>(9)</sup>
- **Show some love for the planet:** This reliable PC is thoughtfully designed; EPEAT® Gold Registered and ENERGY STAR® Certified, plus it contains ocean-bound and post-consumer recycled plastics in the design.

### Key specifications

- **Operating system:** Windows 11 Home<sup>(1)</sup>
- **Processor:** AMD Ryzen™ 3 7320U<sup>(2a)</sup>
- **Display:** 14-inch diagonal, HD (1366 x 768), touch, micro-edge, anti-glare<sup>(33)</sup>
- **Memory:** 8 GB LPDDR5-5500 MT/s (onboard)
- **Internal storage:** 512 GB PCIe® NVMe™ M.2 SSD<sup>(1)(5)(58b)</sup>
- **Graphics:** AMD Radeon™ Graphics<sup>(1)(4)</sup>
- **Battery life:**
  - Up to 9 hours and 45 minutes (mixed usage)<sup>(65a)</sup>
  - Up to 12 hours and 30 minutes (video playback)<sup>(75)</sup>
  - Up to 10 hours and 15 minutes (wireless streaming)<sup>(80)</sup>
- **Wireless:** Wi-Fi 6 (2x2)<sup>(19a)</sup> and Bluetooth® 5.4 wireless card<sup>(25a)(26)</sup>
- **Security:** Camera privacy shutter, Mic mute key
- **Camera:** HP True Vision 720p HD camera with temporal noise reduction and integrated dual array digital microphones<sup>(89)(99b)</sup>
- **Product weight:** 3.09 lb<sup>(74)</sup>

### Product features

- **Get a fresh perspective with Windows 11:** 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.<sup>(1)</sup>
- **Microsoft Copilot:** Kickstart your creativity and productivity with Microsoft Copilot. Complements your capabilities and creativity with intelligent assistance and relevant answers. And now with the Copilot key, you can access this AI-powered intelligent assistant with a single press of a button.<sup>(41)</sup>
- **AMD Ryzen™ 3 7320U processor:** Experience a whole new level of speed and power in a laptop powered by an AMD Ryzen™ 3 processor. Accelerate your work and your creativity with blazing fast speed. Explore true freedom and flexibility with incredible battery life.
- **AMD Radeon™ graphics:** Whether it's games or movies, experience high performance for all your entertainment.
- **High-definition display:** See your digital world in a whole new way. Enjoy movies and photos with the great image quality and high-definition detail of 1 million pixels.<sup>(33)</sup>
- **Anti-glare panel:** Non-reflective and low gloss means you'll get less glare while you're outside.
- **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.<sup>(61)</sup>

### Additional product features

- **Liberating battery life:** Take on the day without worrying about recharging.
- **HP Fast Charge:** Go from 0 to 50% charge in approximately 45 minutes.<sup>(78)</sup>
- **PCIe® NVMe™ SSD storage:** Get up to 15x faster performance than a traditional hard drive.<sup>(58b)</sup>
- **Effortlessly connected:** Enjoy faster speeds, improved performance and greater capacity with Wi-Fi 6 and Bluetooth® 5.4 wireless card.<sup>(19a)(25a)(26)</sup>
- **LPDDR5 RAM:** Get responsive performance with the power efficient LPDDR5. Designed to support higher data rates, address next-gen memory requirements, and have longer battery life.
- **Tuned stereo speakers:** HP custom-tunes the dual speaker setup in every notebook for exceptional stereo quality.
- **HP True Vision HD camera:** Video chat in vibrant clarity, even in low light, and make every conversation a face-to-face experience for a better way to stay in touch.<sup>(89)</sup>
- **Try PC Game Pass for free:** Play hundreds of high-quality PC games on your new HP device with 3 free months of PC Game Pass – including EA play. With new games being added all the time, there's always something new to play.<sup>(60)</sup>

### Product design

- **Microphone mute:** Enjoy greater peace of mind and the convenience of a dedicated microphone mute button that you can easily activate and know it's on or off with an LED indicator light.
- **Camera shutter:** Stay secure with a physical camera shutter. Video chat with peace of mind with a privacy camera you can close when not in use.

### Created with the planet in mind

HP is dedicated to driving progress toward a more sustainable future and making responsible choices for the environment and our customers. We are innovating new ways to reduce the amount of materials in our products and packaging—and to use more recycled materials in their design. Together we can make a difference.

- Built with the environment in mind, this laptop is designed using sustainable materials like:
  - Ocean-bound plastic in speaker enclosures<sup>(63a)</sup>
  - Keyboard components contain post-consumer recycled plastic<sup>(63b)</sup>
  - HP's outer boxes and fiber cushions used in packaging are 100% sustainably sourced and recyclable.<sup>(63a)</sup>
- ENERGY STAR® certified<sup>(62)</sup>
- EPEAT® Gold registered<sup>(27)</sup>

### Warranty and support

Our Customer Support Team consistently provides quick, responsive assistance in the U.S., Canada and Latin America.

#### Included with your product:

- **HP's Hardware Limited Warranty:** Full warranty details are included with your product.
- **Technical Support for Software & initial set-up:** Warranty details are included with your product.

#### Support Options:

- **HP Support Assistant - HPSSA:** Optimized to enhance your support experience. Help for your PC and HP printers whenever you need it.<sup>(56)</sup>
- **Online Support:** For technical support with this product, visit HP Customer Support <http://support.hp.com>.<sup>(9)</sup>
- **Social Media Support:** To find solutions, ask questions, and share tips, join us on the HP Support Community at [community.hp.com](http://community.hp.com), on Twitter at [twitter.com/HPSupport](https://twitter.com/HPSupport), and Facebook at [facebook.com/HPSupport](https://facebook.com/HPSupport).<sup>(9)</sup>

#### Extend your coverage:

- **SmartFriend, part of HP Care:** Experts are available 24/7 to handle any tech issue, on any device, from any brand. Visit [www.hp.com/go/smartfriend](http://www.hp.com/go/smartfriend) to learn more or call toll-free 1-844-814-1800 to get started.<sup>(95)</sup>
- **Care Packs, part of HP Care:** Extend protection beyond the standard limited warranty. For more info, visit [www.hp.com/go/carepack-services](http://www.hp.com/go/carepack-services) or call toll-free at 1-877-232-8009.<sup>(83)</sup>



Specifications

|                         |   |
|-------------------------|---|
| Operating system        | • Windows 11 Home <sup>(1)</sup>  |
| Processor               | • AMD Ryzen™ 3 7320U <sup>(2a)</sup><br>• Quad-Core   |
| Processor speed         | • Up to 4.1 GHz max boost clock <sup>(2d)</sup>   |
| Processor cache         | • 4 MB L3 cache   |
| Memory                  | • 8 GB LPDDR5-5500 MT/s (onboard)   |
| Video graphics          | • AMD Radeon™ Graphics <sup>(1,4)</sup>   |
| Internal storage        | • 512 GB PCIe® NVMe™ M.2 SSD <sup>(1,5)(58b)</sup>  |
| Finish and features     | • Top cover: natural silver with a matte finish<br>• Keyboard deck: natural silver with a matte finish  |
| Camera                  | • HP True Vision 720p HD camera with temporal noise reduction and integrated dual array digital microphones <sup>(89)(89b)</sup>  |
| Display                 | • 14-inch diagonal, HD (1366 x 768), touch, micro-edge, anti-glare, 250 nits, 45% NTSC <sup>(20)(33)</sup>  |
| Screen to body ratio    | • 84.0% <sup>(40)</sup>   |
| Wireless                | • Wi-Fi 6 (2x2) <sup>(19e)</sup> and Bluetooth® 5.4 wireless card <sup>(25a)(26)</sup>  |
| Sound                   | • HD Audio with stereo speakers   |
| Integrated keyboard     | • Full-size, soft grey keyboard<br>• HP Imagepad  |
| External notebook ports | • 1 USB Type-C® 5Gbps signaling rate (supports data transfer only and does not support charging or external monitors) <sup>(42)</sup><br>• 2 USB Type-A 5Gbps signaling rate<br>• 1 Headphone/microphone combo<br>• 1 AC smart pin<br>• 1 HDMI 1.4b             |
| Dimensions              | • <b>Unpackaged:</b> 12.74 in (W) x 8.46 in (D) x 0.70 in (front) - 1.28 in (hinge) (H)<br>• <b>Packaged:</b> 17.68 in (L) x 2.72 in (W) x 12.01 in (H)   |
| Weight                  | • <b>Unpackaged:</b> 3.09 lb <sup>(76)</sup><br>• <b>Packaged:</b> 4.43 lb  |
| Security                | • Camera privacy shutter<br>• Mic mute key  |
| Power                   | • 3-cell, 41 Wh Li-ion polymer <sup>(21)</sup><br>• 45 W AC power adapter   |
| Battery life            | • Up to 9 hours and 45 minutes (mixed usage) <sup>(85a)</sup><br>• Up to 12 hours and 30 minutes (video playback) <sup>(75)</sup><br>• Up to 10 hours and 15 minutes (wireless streaming) <sup>(80)</sup>   |
| Warranty and support    | • 1-year limited hardware warranty. Additional information available at <a href="http://www.support.hp.com">www.support.hp.com</a> <sup>(9)</sup><br>• 90 days limited technical support for software and initial setup (from date of purchase) <sup>(53)</sup> |

Learn more at [hp.com](#)

<sup>(1)</sup> 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>. <sup>(2a)</sup> 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. AMD's numbering is not a measurement of clock speed. AMD and Radeon are trademarks of Advanced Micro Devices, Inc. <sup>(2b)</sup> Max Boost clock frequency performance varies depending on hardware, software and overall system configuration. GHz refers to internal clock speed of the processor. Other factors besides clock speed may impact system and application performance. <sup>(8)</sup> McAfee is preinstalled 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 and the McAfee logo are trademarks or registered trademarks of McAfee, Inc. in the United States and other countries. <sup>(9)</sup> Wireless access point and internet service required and sold separately. Availability of public wireless access points limited. <sup>(14)</sup> Shared video memory (UMA) uses part of the total system memory for video performance. System memory dedicated to video performance is not available for other use by other programs. <sup>(15)</sup> Actual formatted capacity is less. Portion of internal storage is reserved for preloaded content. <sup>(19e)</sup> Wireless access point and internet service required and sold separately. Availability of public wireless access points limited. Wi-Fi 6 is backwards compatible with prior 802.11 specs. Only available in countries where Wi-Fi 6 is supported. <sup>(20)</sup> All performance specifications represent the typical specifications provided by HP's component manufacturers; actual performance may vary either higher or lower. <sup>(21)</sup> 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. <sup>(22)</sup> 100GB of free online storage for one year from date of registration. For complete details and terms of use, including cancellation policies, visit the website at [dropbox.com](http://dropbox.com). Internet service required and not included. <sup>(23)</sup> HP BIOS Protection works with Windows 11 that ships with your PC. <sup>(25a)</sup> 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. <sup>(26)</sup> Bluetooth® is a trademark owned by its proprietor and used by HP Inc. under license. <sup>(27)</sup> Based on U.S. EPEAT® registration according to IEEE 1680.1-2018 EPEAT®. EPEAT® status varies by country. Visit [www.epeat.net](http://www.epeat.net) for more information. <sup>(33)</sup> High-definition (HD) content is required to view high definition images. <sup>(40)</sup> Percent of active plus nonactive viewing area to active viewing area plus border. Measure with lid vertical to the desk. <sup>(41)</sup> Copilot key feature availability varies by market, see [aka.ms/keysupport](#). Copilot is NOT available in China, Russia, Belarus, and embargoed regions Cuba, Iran, North Korea, Crimea. <sup>(42)</sup> USB Type-C® and USB-C® are trademarks of USB Implementers Forum. <sup>(53)</sup> Call 1.800.474.6836 or [support.hp.com](http://support.hp.com) for more information on Care Packs available after standard warranty expires. After standard warranty expires, an incident fee may apply. <sup>(54)</sup> For more information visit [hp.com/go/hpsupportassistant](http://hp.com/go/hpsupportassistant). (Link will vary outside of the U.S.) HP Support Assistant is only available on Windows-based PCs. Internet connection required for updating and connecting to HP Support. <sup>(58b)</sup> Based on HP internal testing using CrystalDiskMark benchmarking software. Performance is sequentially faster (read only) compared to traditional 5,400 rpm HDD. <sup>(60)</sup> Xbox Game Pass sold separately. Credit card required. Unless you cancel, you will be charged the then-current regular membership rate when the promotional period ends. Terms, exclusions, and streaming limits apply. Xbox Cloud Gaming (Beta): select devices and regions. After term, active membership required to play games and online multiplayer. Game catalog varies over time, region, and by device. DLC sold separately; if a game is removed from catalog or your membership ends, you will need to purchase the game separately to use your DLC. If you're already an Xbox Live Gold and/or Game Pass for Console/PC member, any days remaining in your membership/s will be converted to Ultimate using a conversion ratio. Future code redemptions also subject to conversion ratio. All conversions to Ultimate are final. Details and system requirements at [www.xbox.com/gamepass](http://www.xbox.com/gamepass). Offer valid in all Xbox Game Pass markets excluding Russia. Digital Direct: Your digital content will be delivered directly to your device during set-up; no codes required. PC Game Pass: Subscription continues automatically at regular monthly price unless cancelled. Subject to [xbox.com/subscriptionterms](http://xbox.com/subscriptionterms). <sup>(61)</sup> 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. <sup>(62)</sup> ENERGY STAR and the ENERGY STAR mark are registered trademarks owned by the U.S. Environmental Protection Agency. <sup>(63a)</sup> Percentage of post-consumer recycled plastic contained in keycaps varies by product. <sup>(63b)</sup> Percentage of ocean-bound plastic contained in each component varies by product. <sup>(63c)</sup> 100% outer box/corrugate cushion packaging made from sustainably sourced certified and recycled fibers. Fiber cushions made from 100% recycled wood fiber and organic material. Excludes plastic bags and plastic foam sheeting. <sup>(75)</sup> Battery life tested by HP using continuous FHD video playback, 1080p (1920x1080) resolution, 200 nits brightness, system audio level as image default, player audio level at 100%, played full-screen from local storage, headphone attached or through speaker (if no audio jack port), wireless on but not connected. Actual battery life will vary depending on configuration and maximum capacity will naturally decrease with time and usage. <sup>(76)</sup> Weight and system dimensions may fluctuate due to configuration and manufacturing variances. <sup>(78)</sup> Recharges your battery up to 50% within 45 minutes when the system is off (using "shut down" command). Recommended for use with the HP adapter provided with the notebook; not recommended with a smaller capacity battery charger. After charging has reached 50% capacity, charging speed will return to normal speed. Charging time may vary +/-10% due to System tolerance. <sup>(80)</sup> Battery life tested by HP using continuous Netflix video playback, Microsoft Edge Browser, 200 nits brightness, system audio level as image default, headphone attached or through speaker (if no audio jack port), played full-screen, wireless on. Actual battery life will vary depending on configuration and maximum capacity will naturally decrease with time and usage. <sup>(83)</sup> Service levels and response times for Care Packs may vary depending on your geographic location. Restrictions and limitations apply. Service starts at date of hardware purchase. HP Care Packs are sold separately. For details, visit [hp.com/go/carepack-services](http://hp.com/go/carepack-services). <sup>(85a)</sup> MobileMark 25 battery life will vary depending on various factors including product model, configuration, loaded applications, features, use, wireless functionality, and power management settings. The maximum capacity of the battery will naturally decrease with time and usage. See [bapco.com/products/mobilemark-25/](http://bapco.com/products/mobilemark-25/) for additional details. <sup>(88a)</sup> 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 transferable. 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. <sup>(89)</sup> Features may require software or other 3rd party applications to provide the described functionality. Internet service required and not included. <sup>(89b)</sup> Camera resolution refers to the image sensor active pixels. The actual image capture pixels and aspect ratio depend on the app selected. <sup>(93)</sup> HP SmartFriend will support any major brand of computer and tablet running Microsoft Windows, OSX, iOS, Android, and Chrome OS. 24x7 support is available in English and in the US & Canada (excluding the Province of Quebec) only. Service availability varies by country/region. Internet connection required for remote support. Remote support not available for tablets. Not all service plans cover support for tablets. HP SmartFriend sold separately or as an add-on feature. Actual product may vary from image shown on datasheet. © Copyright 2025 HP Development Company, L.P. The information contained herein is subject to change without notice. The only warranties for HP products and services are set forth in the express warranty statements accompanying such products and services. Nothing shall be construed as constituting an additional warranty. 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Software and technology

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|--------------------------|--|
| Help and support         | • <b>HP Support Assistant:</b> Included with your computer, this free self-help tool makes it easier than ever to get help with your HP PC and printers. <sup>(56)</sup><br>• <b>myHP:</b> Customize, optimize, and secure your device with tips and tricks and easy-to-access settings, and receive helpful messages and information to keep things running smoothly.   |
| Security and protection  | • <b>HP BIOS Protection:</b> Get peace of mind knowing your PC BIOS is protected. HP BIOS Protection automatically checks its health and recovers itself. <sup>(2,3)</sup>   |
| Partner offers           | • <b>Adobe Offer:</b> Get a complimentary 1 month trial of the best creativity and productivity apps from Adobe with the purchase of a computer from HP. Create anything you can imagine – photos, videos, graphics, webpages, PDFs, and more. Get started with the app that best fits your need. <sup>(86a)</sup><br>• <b>McAfee 30-day trial:</b> Secure your privacy and data when browsing on public Wi-Fi with VPN, included in your free McAfee 30-day trial. <sup>(8)(9)</sup><br>• <b>Dropbox cloud storage:</b> Store and synchronize your content online with Dropbox. Get 100GB of storage for one year to access, manage, and share your photos, music, and files from anywhere with Internet access. <sup>(9)(22)</sup><br>• <b>Try PC Game Pass for free:</b> Play hundreds of high-quality PC games on your new HP device with 3 free months of PC Game Pass. <sup>(60)</sup> |
| System performance       | • <b>HP Connection Optimizer:</b> Get consistent and reliable Wi-Fi performance with software that automatically switches between the most efficient wireless access points. <sup>(9)</sup>  |
| Work and lifestyle       | • <b>Microsoft Copilot:</b> Microsoft Copilot gives you intelligent answers. Access with just the touch of the Copilot key. <sup>(41)</sup><br>• <b>AI Noise reduction:</b> Enjoy clearer team conversations with AI Noise reduction. Using artificial intelligence, it filters out background noise in multi-person environments and captures multidirectional sound with spatial awareness.  |
| Gaming and entertainment | • <b>OMEN Gaming Hub:</b> Your one place for everything to make your gaming experience better. From software enhancements to hardware control, and live services, OMEN Gaming Hub elevates play in an easy and simple way.   |

Additional information

|                    |   |
|--------------------|---|
| Product number     | • B89NDUA#ABA   |
| Ad embargo date    | • 04/16/2025  |
| UPC Code           | • 198990479347  |
| Country of origin  | • China, Thailand   |
| Pallet information | • <b>Dimensions:</b> 47.24 in (L) x 39.37 in (W) x 41.13 in (H)<br>• <b>Total weight:</b> 482.8 lb<br>• <b>Layers:</b> 3<br>• <b>Products per layer:</b> 34 |

