DOC MJ
FLORIDA

Patient Guidebook

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(888) 908-0143 www.docmj.com

MEDICAL MARIJUANA USE REGISTRY

YOUR PERSONAL INFORMATION

Applications will typically be approved same-day for FL residents and 7-10 business days for out of state residents. Once approved, you will receive an email confirming the activation of your profile from the MMUR. Once you receive this confirmation, you may take your ID to the dispensary of your choosing to purchase your medication.

Your Medical Cannabis Patient ID card should arrive in the mail within 4 to 6 weeks after your approval email. You should continue to use your State ID and the email approval until the card arrives. You can access this profile at any time to check the status or your application and to view your recommendation.

Patient ID Number

Username (Email Address)

Password

Renewal Date

This is a separate process that is solely to do with the State. If you have any questions or concerns please contact them at:

medicalmarijuana@flhealth.gov
mmuregistry.flhealth.gov
(800) 808-9580

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Friends & Family book for just $89 with code SHARE

*Offer for new DocMJ patients only

MEDICAL MARIJUANA USE REGISTRY

APPLYING FOR YOUR CARD

Bookmark this site and save your login/password. They will be quite useful to you as a patient.

The Office of Medical Marijuana's website is: mmuregistry.flhealth.gov Your username will always be the email address that you provided to DocMJ when you completed your new patient forms. Your temporary password will be in an email sent to you by the State of Florida when you are added to the registry by your DocMJ provider.

If you did not receive an email that contains your temporary password, click on 'Forgot Password' and follow the directions that are provided.

Once logged in, go to the '**Your Card**' tab. This takes you to the Application History page. Click the '**Begin Initial Application**' button next to the Initial Application to access the application page and follow the provided instructions to apply for your MMJ Registry ID.

1. Click the 'Supply A Photo' button then the 'Check my State ID' and 'Proceed' buttons to import the photo from your FL State ID.* (Using 'Supply My Own' could result in a longer approval time.)
2. Proof of Residency is next - Press the 'Supply Proof' button and click 'Check State Residency' to access the FL DMV info as proof of your FL residency. (Using 'Supply My Own' could result in a longer approval time.)
3. Press the 'Click Here to Pay Online' button and follow the prompts. The cost is $75 plus a processing fee and renewed annually. (Not automatically, you will be given similar instructions at your Follow-Up exam.)

*Patients with OUT OF STATE IDs for more detailed instructions, please follow this link OR kindly ask your Medical Assistant for a paper copy of the seasonal residency requirements.

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CANNABIS EDUCATION

STRAIN DIFFERENCES

Strain	Effect	Recommended For
INDICA	• Relaxing • Sedative	Stress Insomnia Anxiety
SATIVA	• Focus • Uplifting	Nausea Chronic Pain Migraines
HYBRID	• Reduces unwanted side effects of both Indica and Sativa	Limit anxiety inducing effects of sativa strains Limit sedating effects of indica strains

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CANNABIS EDUCATION

TERPENES

What are they?

Terpenes are aromatic oils in cannabis, found in trichomes alongside cannabinoids like THC and CBD. With over 200 identified, they shape the unique scents and flavors of strains, such as sweet notes in Wedding Cake or skunky myrcene-rich aromas. Terpenes also attract pollinators, repel predators, and offer therapeutic benefits like pain relief.

How do they work?

Terpenes provide therapeutic effects like sedation (myrcene), pain relief (caryophyllene), and bronchial dilation (pinene). Cannabis Certificates of Analysis (COAs) detail terpene profiles, highlighting the “entourage effect,” where terpenes and cannabinoids synergize for stronger, longer-lasting benefits.

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TERPENES BY CONDITION

Condition	Terpenes	Strains
PTSD	Limonene, Beta-caryophyllene, Linalool	OG Kush, Northern Lights
Epilepsy/Seizure Disorders	Linalool, Myrcene	Birthday Cake, Blue Dream
Parkinson's Disease	Limonene, Pinene, Caryophyllene	Blue Dream, Jack Herer
Multiple Sclerosis (MS)	Caryophyllene, Limonene, Linalool	Sour Diesel, GSC
Crohn's Disease	Myrcene, Caryophyllene, Limonene, Terpinolene	OG Kush, ACDC
Glaucoma	Limonene, Pinene, Myrcene	Sour Diesel, Northern Lights
Chronic Muscle Spasms	Linalool, Pinene, Caryophyllene, Limonene	OG Kush, Sour Diesel
HIV/AIDS	Limonene, Myrcene	Northern Lights, Charlotte's Web
Amyotrophic Lateral Sclerosis (ALS)	Myrcene, Pinene, Caryophyllene	Charlotte's Web, Jager, Larry OG
Cancer	Limonene, Caryophyllene, Linalool	Fire OG, OG Kush
Chronic Nonmalignant Pain	Caryophyllene, Limonene, Linalool, Myrcene	Skywalker, Mars OG, Grandaddy Purple

Strain and terpene information is for educational purposes only. Effects vary by individual and are not intended to diagnose, treat, or cure any condition.

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CBD

What is it?

CBD (cannabidiol) is a non-intoxicating compound from the cannabis plant, commonly used to treat pain, anxiety, and seizures. While most cannabis strains are high in THC, some are bred for higher CBD levels. CBD can be smoked as flower but is more often extracted for oils, edibles, and vape products.

How does it work?

CBD interacts with the body's endocannabinoid system to help regulate mood, sleep, pain, and immune response, promoting balance without causing a "high" like THC. It's commonly used for stress relief, better sleep, pain management, and overall wellness, offering natural, calming benefits.

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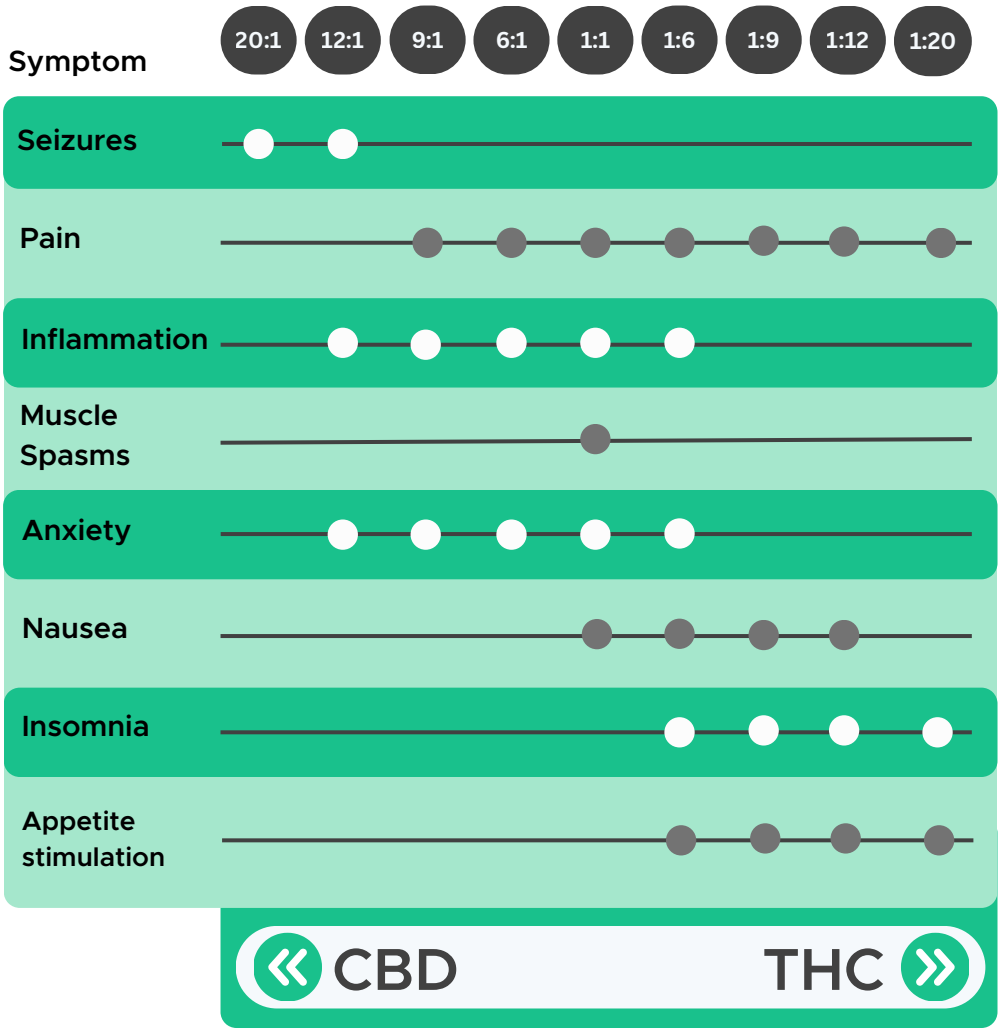
YOUR RECOMMENDATION

RECOMMENDED RATIOS

CBD : THC RATIO



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YOUR RECOMMENDATION

INTAKE METHOD DETAILS

Method	Vaping/ Inhaled	Oral	Sublingual	Topical/ Patch
Onset (min)	~5	~60 - 80	~15 - 40	~30 - 90
Duration (h)	~2 - 4	~4 - 6	~4 - 6	~8 - 72
Advantages	Rapid onset advantageous for acute or episodic symptoms (nausea/ muscle spasms/ pain).	May be more advantageous for chronic disease/ symptoms due to longer duration.	Onset more rapid than oral method. Can have longer duration of action compared to inhalation. Improved bioavailability compared to oral.	Less systemic effect, good for localized symptoms.
Disadvantages	Dexterity required, inhalation technique results in varying amounts.	Titration challenges due to delayed onset. Absorbed more slowly & less bioavailability.	Absorption may be more unpredictable compared to other methods.	Localized effect, very slow absorption.

- **For patients with no cannabis experience**, start with heavily weighted CBD products and lowest strength of milligrams; generally, around 5-10 milligrams for most products.
- If using sublingual (under tongue) or oral routes, do not re-dose for at least 6 hours.
- If using a vaporizer, do not re-dose for at least 4 hours.
- If using a vaporizer, a 3 second inhalation delivers approximately 1.5 mg.

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YOUR RECOMMENDATION

RULES FOR THC

As of August 29, 2022, the Florida Department of Health limits the amount of THC patients can purchase during a 70-day period, including specific limits per route of administration (ROA). CBD milligrams are not restricted.

Patients can purchase up to 24,500 mg of THC total (350 mg per day) within a 70-day supply, divided across the ROAs assigned to each medication by the OMMU.

If you need more THC in a specific route, submit a Recommendation Change Request form. You can request the form by calling (888) 908-0143 or through the Patient Portal. After completing it, call the patient care line, or send an email to info@docmj.com to notify us of the submitted request and ensure timely review by your physician. DocMJ will notify you of the outcome via email.

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YOUR RECOMMENDATION

STANDARD RECOMMENDATION

Your 210-day recommendation is divided into three 70-day periods. THC is allocated by medication route, each with a maximum daily dose set by the FL program.

For each 70-day period, your standard recommendation includes:

CBD (low THC)

- 80mg Oral Route per day
- 30mg Edibles Route per day
- 20mg Sublingual Route per day
- 200mg Inhalation Route per day
- 20mg Topical Route per day

THC

- 80mg Oral Route per day (5,600mg every 70 days)
- 30mg Edibles Route per day (2,100mg every 70 days)
- 20mg Sublingual Route per day (1,400mg every 70 days)
- 200mg Inhalation Route per day (14,000mg every 70 days)
- 20mg Topical Route per day (1,400mg every 70 days)

By default, DocMJ Physicians do not allocate any THC to the suppository route unless the patient requests this route or the physician discusses the use of this route with the patient and feels it is of medical benefit to alleviate the symptoms of their qualifying condition(s).

If you need to exceed the state's maximum daily dose for a specific route of administration (ROA), your physician must submit a Request for Exception form to the OMMU. The state reviews these requests within 14 business days and emails the decision to you and your physician. The OMMU may ask for additional medical records, requiring your signed release; if you decline or lack supporting documentation, the request is withdrawn. While rare, the OMMU can deny requests without explanation, and there is no appeals process for denied exceptions.

IF APPROVED BY YOUR RECOMMENDING PHYSICIAN, the Florida Medical Marijuana program also allows patients access to 2.5oz of raw flower every 35 days.

Understanding Your Orders

Scan Here

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YOUR RECOMMENDATION

ROLLING LIMITS

You can receive medication from any recommended route of administration (ROA), but total dispensations cannot exceed the 70-day THC or 35-day flower limits. **THC renews 71 days after dispensing**, and **flower renews after 36 days**. Renewals are removed from the Dispensation History at 12:01 AM but are only available at the original dispensation time, which is not shown in the Florida MMUR.

Smoking - Aggregate			
Possession Limit	4.800 oz		
35-Day Smoking Dispensation History	2.235 oz		
Smoking Amount Eligible to be Dispensed	0.765 oz		
Dispensation History:			
Route	**Amount**	**Date Dispensed**	**Date Expires**
Smoking	0.497 oz	12/6/2024	1/9/2025
Smoking	0.125 oz	12/11/2024	1/14/2025
Smoking	0.125 oz	12/11/2024	1/14/2025

Log in and click "See Calculation" in the Dispensable Amount section to view dispensations and renewal dates. THC renews 24 hours after the "Date Expires." The state's rolling calculation for THC and flower **does not** reset with renewals, physician changes, or reopened recommendations.

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RESOURCES

HELPFUL LINKS

DocMJ is not affiliated with any medical marijuana treatment center, dispensary, or related organization. DocMJ serves as your independent medical marijuana physician and provides patient guidance applicable to all state-licensed dispensaries.

Connect With Our Community

DocMJ Patient Forum

www.FB.com/groups/DocMJPatientSupport

DocMJ patient group

knowthefactsmmj.com

Tips on navigating the state registry

Understanding Your Orders

A step by step guide to help you better understand your orders in the Registry.

Caregiver Application

Apply to become a caregiver for a current patient on the registry.

OMMU Guides

A complete list of all OMMU instructional guides.

The statements, charts, and guidance in this journal are not intended for medical advice nor to be relied upon, or a substitute for, professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide.

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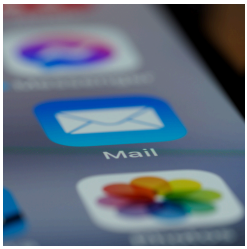
BOOKING YOUR FOLLOW-UP EXAM

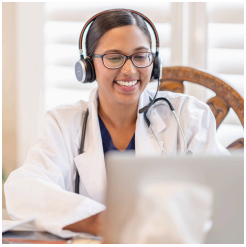


Check Your Email

You will receive an email reminding you it is time to renew your recommendation.

Visit Our Website

Book conveniently at www.DocMJ.com. Telemedicine renewal visits available with your physician!



Check Your Info

Use the same email address for all appointments.

Need Assistance?

Call us at (888) 908-0143

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Begin with the best.

Expert guidance, quality products, and exceptional value — that's why we're Florida's most trusted dispensary. Personalize your routine with a wide variety of options and new ways to save every day.

60% off
Your first order

50% off
Your second order

40% off
Your third order

20 points
When you join Trulieve™ Rewards

$75 off
A $150 purchase with your Florida Medical Card Renewal

FREE
Choice of Select Product with $75 purchase after Doctor Recertification*

Shop online at trulieve.com or scan the QR Code to download the NEW Trulieve® app today.

Plus, with locations all over the state, it's easy to find a store near you.

*Get a free pack of Gummies (reg. $25), Chocolate (reg. $20) or Pre-Roll (reg $13) if you spend $75 after recertifying with your physician.

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