



DOC MJ
FLORIDA

Patient Guidebook



(888) 908-0143



www.docmj.com



SHARE THE HEALTH!

**Friends & Family
book for just \$89*
with code SHARE**

***New patients only.**



DOC MJ



TABLE OF CONTENTS

SECTION ONE

MEDICAL MARIJUANA USE REGISTRY

APPLYING FOR YOUR CARD	3
GETTING APPROVED	4

SECTION TWO

CANNABIS EDUCATION

STRAIN DIFFERENCES	6
TERPENES	7
CBD	9

SECTION THREE

YOUR RECOMMENDATION

RECOMMENDED RATIOS	11
STANDARD RECOMMENDATION	14
ROLLING LIMITS	15

SECTION FOUR

RESOURCES

HELPFUL LINKS	18
BOOKING YOUR FOLLOW-UP EXAM	19
DISPENSARY DISCOUNTS.....	21




SECTION ONE: Medical Marijuana Use Registry

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.

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 ID's for more detailed instructions, please follow [this link](#) OR kindly ask your Medical Assistant for a paper copy of the seasonal residency requirements.

MEDICAL MARIJUANA USE REGISTRY

GETTING APPROVED

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 of your application and to view your recommendation.

★ **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













SECTION TWO:

Cannabis Education

CANNABIS EDUCATION

STRAIN DIFFERENCES

Strain	Effect	Recommended For
INDICA	<ul style="list-style-type: none"> • Relaxing • Sedative 	 Stress  Insomnia  Anxiety
SATIVA	<ul style="list-style-type: none"> • Focus • Uplifting 	 Nausea  Chronic Pain  Migraines
HYBRID	<ul style="list-style-type: none"> • Reduces unwanted side effects of both Indica and Sativa 	 Limit anxiety inducing effects of sativa strains  Limit sedating effects of indica strains

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.



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, Granddaddy Purple

CANNABIS EDUCATION

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.





SECTION

THREE:

Your

Recommendation

YOUR RECOMMENDATION

RECOMMENDED RATIOS

CBD : THC RATIO

Symptom

20:1

12:1

9:1

6:1

1:1

1:6

1:9

1:12

1:20

Seizures



Pain



Inflammation



Muscle
Spasms



Anxiety



Nausea



Insomnia



Appetite
stimulation



CBD

THC



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.

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 to ensure timely review by your physician. DocMJ will notify you of the outcome via email.

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
(5600mg every 70 days)
- 30mg Edibles Route per day
(2100Mmg every 70 days)
- 20mg Sublingual Route per day
(1400mg every 70 days)
- 200mg Inhalation Route per day
(14,000mg every 70 days)
- 20mg Topical Route per day
(1400mg 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).

 **More in-depth information on understanding your orders.**

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

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.

YOUR RECOMMENDATION

REQUESTS FOR EXCEPTIONS

For an increase over the state's maximum daily dose for a route of administration (ROA), your physician must approve the request and submit a Request for Exception form to the OMMU. The state reviews requests within **14 business days** and notifies you and your physician of the decision via email.

The OMMU may request additional medical records to support the exception. If this happens, you will need to sign a release form before records can be sent. If you decline or lack supporting records, the request is withdrawn and denied.

The OMMU can also deny requests outright without explanation, though this is rare. If denied, there is no further recourse.





SECTION FOUR: Resources

RESOURCES

HELPFUL LINKS

Please keep in mind that DocMJ is not affiliated with any organizations or dispensaries. We are your Medicinal Cannabis Doctor and advocate for all dispensaries.

Beneficial Websites:

[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.

[Reset OMMU Password](#)

Reset your OMMU Registry password.

[OMMU Guides](#)

A complete list of all OMMU instructional guides.





BOOKING YOUR FOLLOW-UP EXAM

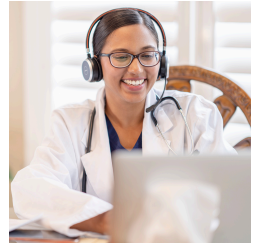


Check Your Email

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





DOC MJ



New Patient Deals



60% OFF + \$5

Rewards Bonus After 1st Purchase



BOGO Storewide + \$5

Rewards Bonus After 1st Purchase



FREE Product

with \$80 or more spend (*up to \$50 value*)

Must have valid recommendation to receive offer. May not be combined with other offers. We reserve the right to modify or cancel the promotion without notice. Excludes Dr. Dabber and Puffco Products. Free item(s) from BOGOs must be the same size and product category and of equal or lesser value. Our system will track your purchases and apply the appropriate offer. Once eligible, the second- and third visit discounts must be used within 30 days respectively. Must be a MÜV Rewards member to receive \$5 off bonus Rewards credits.

Save an
EXTRA \$5 OFF
your next
purchase at
MÜV with
promo code:
DOCMJ5

Offer valid until 12/31/2025.

Annual Card Renewal

\$75 OFF
\$150+ SPEND

Patients may use deal once per annual renewal period. Patients must show the email from the Department of Health that confirms medical card has been renewed. Discount must be used within 60 days of annual medical card renewal.



Cookies

50% OFF

ONE PURCHASE. NON-STACKABLE.

Present code **2025 DocMJ 50% Off** to your budtender in-store to redeem.

No matter how you roll, Cookies has something for you! From **iconic strains** to **premium extracts**, Cookies sets the standard. Explore our curated collection & **get elevated** with quality that stands out.



FLOWER & PRE-ROLLS

Indoor-grown & hand-trimmed premium flower. Bold flavors, unmatched potency, & legendary Cookies strains.



LIVE ROSIN VAPES

All-in-Ones & 510 Cartridges filled with terpene-rich live rosin oil. Take the high you love wherever you go.



ROSIN EDIBLES

Soft Chews made with premium live rosin oil. Delicious flavors meet consistent potency.



CONCENTRATES

Pure potency & full-spectrum flavor. Our curated collection of concentrates & syringes are crafted for the ultimate experience.

13 LOCATIONS & GROWING!

LEARN MORE AT [COOKIESFLORIDA.CO](https://cookiesflorida.co)

Valid for 50% off one order. Discount does stack with daily deals or promotions. Offer expires 12/31/25. Limit 1 per customer. We reserve the right to modify or cancel the promotion without notice. Internal Discount Code: **2025 DocMJ 50% OFF**



**WE
SPEAK**

FLUENT
C A N N A B I S

Easy as 1 2 3

Place your FLUENT order online in 3 EASY STEPS

1

Explore the menu of your local FLUENT dispensary by visiting **GetFLUENT.com** to start shopping.

2

Add the products to your cart, choose a payment method, and complete your order.

3

Visit the store during your selected pickup time, breeze through the express checkout lane, and then head home to enjoy your purchase.



Pay Easily with Canpay, Debit, or Cash

NEW PATIENT DISCOUNTS

50% OFF
your 1st visit

40% OFF
your 2nd visit

FREE
1g Pre-roll
on your 3rd visit

Deals can not be used on the same day and are no longer available after the customer's 3rd visit - All deals expire 12/31/2025.

The perks have
never been higher!
\$1 spent = 1 reward point

250 points

\$20 credit on merch items

500 points

\$45 credit on
products & merch

1000 points

\$100 credit on
products & merch

FLORIDA DISPENSARIES

Visit FLUENT dispensaries throughout Florida
Locate your nearest FLUENT and explore all of our Florida locations by visiting [getfluent.com](https://www.getfluent.com)

Cruise through the Drive Thru Lane

- Casselberry
- Fort Pierce
- Miramar Beach
- Cocoa
- Jacksonville, Cassat
- New Port Richey
- Crestview
- Lakeland
- Pensacola, 9 mile
- Daytona Beach
- Mary Esther
- Pensacola, Downtown



Subscribe to FLUENT emails and texts on our website to stay up to date on
NEW RELEASES, PROMOS, AND ALL THINGS FLUENT.



SEE ALL AVAILABLE BRANDS AND
STRAINS AT YOUR LOCAL FLUENT
DISPENSARY BY VISITING OUR WEBSITE



STAY IN TOUCH
AND REAP
THE REWARDS

(833)735-8368 **GetFLUENT.com**



FEELING GOOD

Starts Here

Flower • Edibles • Vapes • Tinctures
Concentrates • Softgels • Topicals



DAILY SAVINGS



NEW CUSTOMER DISCOUNT

60% off your first purchase

40% off your second

**TAKE 15% OFF EVERY
PURCHASE, EVERY DAY**

Veterans • Students • Seniors
Pediatrics • CannaBusiness

LOYALTY & REWARDS APP

Get with the Program!

- ◆ Exclusive Savings
- ◆ Birthday Bonus
- ◆ Refer a Friend
- ◆ Giveaways & More

Take home
**2 FREE SINGLE
PRE-ROLLS**
just for signing up!



GET STARTED

Restrictions may apply. Discounts subject to change. See website for details.

DOCMJ CARES



DocMJ proudly offers Online Mental Health Counseling Services.

DocMJ-Cares is a confidential online mental health counseling service dedicated to helping patients. DocMJ-Cares is designed to help DocMJ patients suffering from anxiety, depression, and PTSD. This service helps patients find the best outcomes when combined with medical cannabis.

- We accept debit or credit card payments.
- 60 minute online appointment
- Connect with a smartphone, computer or tablet
- Non-patient fee: \$85
- Existing DocMJ patient fee: \$60
 - Please call (888) 686-3949 to book with the discounted rate



Questions about DocMJ-Cares or
Booking Information

PLEASE CALL

(888) 686-3949

OR SCAN TO BOOK NOW

