



**Alternative
Compassion Services**

**PATIENT
HANDBOOK**

ACScompassion.com

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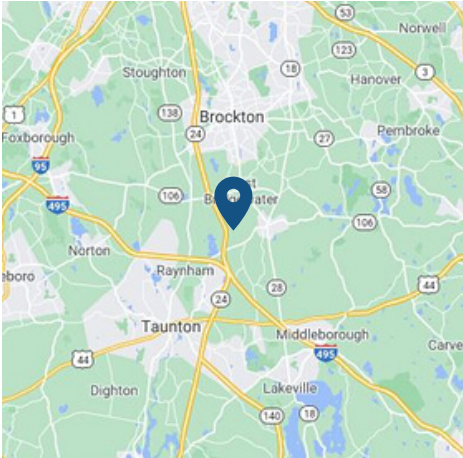
OUR DISPENSARY LOCATIONS



ACS - BRIDGEWATER

693 Elm Street

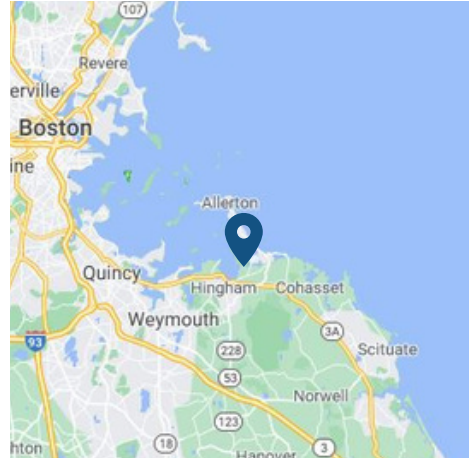
Bridgewater, MA 02370



ACS - HULL

175 George Washington Boulevard

Hull, MA 02045



CONTACT US

info@acscompassion.com

(508) 356 - 5151

FOR MORE INFORMATION AND STORE HOURS

Visit ACScompassion.com

ABOUT ACS

Quality, Integrity and Safety

OUR MISSION

Our goal is to support the health and well-being of registered MA patients by providing quality medical cannabis, with integrity, and safety through education. As a small batch craft cannabis dispensary, we cultivate and produce medical cannabis and marijuana products, in Bridgewater, and have storefront locations in both Bridgewater and Hull.

PATIENT CARE AGENTS AND RESOURCES

We encourage you to ask plenty of questions and interact with our staff when you visit ACS. Our Patient Care Agents are friendly and extremely knowledgeable about medical cannabis. We welcome any questions you may have and are happy to guide you towards additional resources for independent research. We take feedback seriously. If the product you purchase does not meet your needs, we will always provide assistance to help find the medicine that works best for you.

PATIENT CONSULTATIONS

While drop-in visits and on-the-spot discussions with ACS's Patient Care Agents are most common, we do offer appointments for longer one-on-one discussions. To schedule an appointment, please reach out to a member of our staff or email us at: info@acscompassion.com

FINANCIAL HARDSHIP PROGRAM

ACS offers a financial hardship discount to any registered patient if they are a verified recipient of MassHealth, SSI benefits, or whose income does not exceed 300% of the federal poverty level (adjusted for family size). Annual Verification is required. Speak with a Patient Care Agent for more information on how to apply. Hardship patients receive 20% off every purchase.

VETERAN APPRECIATION PROGRAM

Veterans and military service members receive 20% off their medicated purchase. Permanently disabled Veterans receive 40% off with 100% disability status.

HOME DELIVERY

ACS home delivery is a convenient and discrete service providing registered patients with safe access from the comfort of their own home. Great for patients who are immunocompromised, have limited mobility, or busy schedules. First-time delivery orders receive 20% off and the delivery fee is waived! To learn more about delivery visit ACScompassion.com/home-delivery

TRANSLATION AND INTERPRETATION SERVICES

We are committed to serving the medical community in any language. If one of our staff does not speak your language, we'll utilize a multilingual translation service to ensure effective communication. Deaf/hard of hearing translation services are available as well as accommodations for the blind/visually impaired.

BECOMING A PATIENT

Maintaining Your Patient Status



1. MEDICAL CANNABIS CERTIFICATION

A cannabis certifying physician or nurse practitioner can recommend medical marijuana to you with certification lasting 1 year. Make an annual appointment with your certifier about 2 months before your certification expires.



2. STATE REGISTRATION

Register with the Medical Use of Marijuana Program through the state portal. This expires annually and is no cost to patients. Patients must re-register annually, through the MMJ Patient Portal, up to 60 days before expiration.



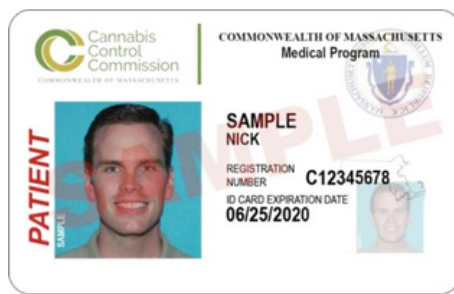
3. PATIENT PROGRAM ID CARD

Patients can access medical dispensaries with a MMJ Program ID card. An active MMJ program ID card and valid government issued ID are required to visit. *Note:* Your medical cannabis certification may differ from the expiration date on your state registration ID card. Log into your MMJ Patient Portal for date verification.

TEMPORARY ID CARD



PATIENT ID CARD



CAREGIVER ID CARD



FOR MORE INFORMATION ABOUT PATIENT & CAREGIVER REGISTRATION, VISIT OUR WEBSITE ACSCOMPASSION.COM

MEDICAL PATIENT BENEFITS

- Discounts available for Veterans, Seniors, and those with financial hardship
- No tax on medical purchases
- Option to assign a personal caregiver to assist patients with their medical purchases
- Access to sales, loyalty points and member programs
- Minimal purchase limitations for medical patients compared to adult-use customers

CANNABIS AS MEDICINE

Learn About Medical Marijuana

WHAT IS CANNABIS?

Cannabis, also known as marijuana, is a psychoactive drug from the *Cannabis sativa* plant used primarily for medical and recreational purposes. When the flowers of these plants are harvested and dried, you're left with one of the most common and natural medicines in the world.

CANNABINOIDS

Cannabinoids are compounds found in cannabis that directly interact with the receptors found throughout the human *Endocannabinoid System*. This system balances a range of functions and processes including sleep, mood, appetite, pain, and memory. The TAC (Total Active Cannabinoids) measures the total cannabinoid content in the plant material. With over 114 different isolated cannabinoids, the most common are THC and CBD, each with their own health effects.

Health Effects of Cannabinoids	THC	THCA	THCV	CBD	CBG	CBN
Pain relief	✓			✓	✓	✓
Reduces inflammation		✓		✓	✓	
Suppresses appetite			✓			
Stimulates appetite	✓			✓		
Reduces nausea/vomiting	✓			✓		
Relieves anxiety				✓		
Reduces seizures/convulsions		✓	✓	✓		
Suppresses muscle spasms	✓			✓		✓
Aids sleep						✓
Reduces blood sugar			✓	✓		
Kills or slows bacteria growth				✓	✓	
Treats fungal infection					✓	
Inhibits cell growth in tumors/cancer		✓		✓	✓	
Promotes bone growth			✓	✓	✓	

TERPENES

Terpenes are aromatic compounds found in a variety of plants, including cannabis. They define the fragrance and flavor of cannabis, modulate the effects of cannabinoids and offer health benefits.

ENERGIZING ←			→ CALMING	
LIMONENE Citrus	PINENE Pine	MYRCENE Herbal	CARYOPHYLLENE Pepper	LINALOOL Floral
anti-depressant nausea relief anti-inflammatory	memory retention bronchodilator pain relief	pain relief stress relief sedative	anti-inflammatory pain relief anti-spasmodic	sedative anti-anxiety pain relief

BETTER TOGETHER

Every person has a unique Endocannabinoid System responding to the cannabinoids and terpenes found in cannabis. The therapeutic effects of Cannabinoids and Terpenes work synergistically and are enhanced when they are kept together. This is called the *Entourage Effect*.

CHOOSING THE RIGHT PRODUCT

Cannabis Categories and Classifications

Cannabis consists of a variety of compounds and strains. The type, amount/ratio of cannabinoids and the terpenes determine its effects. The cannabis plant is classified into groups for therapeutic use. Each group contains a wide variety of strains - each with unique compounds and properties.

CBD

Known for its non-intoxicating qualities, CBD has powerful analgesic and anti-inflammatory properties, and enhances THC's anti-pain, anti-nausea and anti-cancer properties. CBD can also counteract unpleasant effects from THC, such as anxiety, fast heart rate, and intoxication.

SATIVA

A tall, thin-leaved plant originating from warm climates providing an energizing lift - may help treat depression and fatigue.

INDICA

A short, thick-leaved plant originating from mountain climates providing a more relaxing, sedating effect - may help treat anxiety, pain, and insomnia.

HYBRID

Produced when two or more varieties are crossbred to create certain desired therapeutic effects. Hybrid strains can be 50/50 or lean more towards Indica, Sativa, or include CBD.

ACS EFFECT LINE

The strain, cannabinoid content, ratio of CBD:THC and the terpenes all determine its effects. ACS uses a color coded *Effect Line* to guide your choice depending on a desired result.

CBD

Be Calm & Productive - Antioxidant, antipsychotic, anticonvulsant, & neuroprotective

UPLIFT

Get Active, Fight Fatigue - Induces a euphoric feeling, elevated mood & stress relief

FOCUS

Stay on Task, Stay on Track - Promotes alertness & memory retention

RELIEF

Alleviate Aches & Pains - A potent analgesic with anti-inflammatory & antibiotic properties

RELAX

Soothe & Slow Down - Aid anxiety, acts as an anticonvulsant & antidepressant

USING THE RIGHT PRODUCT

Delivery Methods and Titration

Patients medicate with cannabis by inhaling (smoking or vaping), ingesting cannabis infused in food or drinks, taking liquid extracts such as a tincture under the tongue, and applying cannabis infused topicals or salves.

METHOD	STARTING DOSE	ONSET	DURATION
Inhalation <i>(Smoking or vaporizing)</i>	One Inhalation	1 - 5 minutes	1 - 4 hours
Ingest <i>(Eat or drink)</i>	2.5 - 5mg	30 minutes - 2 hours	6 - 8 hours
Tinctures <i>(Sublingual)</i>	2.5 - 5mg	5 - 30 minutes	1 - 6 hours
Topicals <i>(lotions or salves)</i>	Dime to Quarter size amount	10 - 20 minutes	2 - 3 hours

RECOMMENDED USE

Use the delivery methods above to identify your unique patient experience. Track your results to understand your individual needs, favorable effects, and dose.

READ THE LABEL

Every product label clearly outlines the cannabinoid profile including the CBD and THC percentages (potency) or milligram (mg) content. For new patients, high THC potency may pose a greater risk of negative or unpredictable side effects.

SAFE SETTING

Medicate in a safe setting, at home or in a location you feel comfortable in. An unsafe setting may induce paranoia and lead to an unpleasant experience.

HYDRATE WHEN YOU MEDICATE

Drink a tall glass of water before, during, and after you medicate. This will help manage dry mouth and other unpleasant symptoms.

START LOW AND GO SLOW

Titration is the process of determining the minimal amount of medicine required to reach desired results. Start at the lowest dose possible and work your way up, slowly, to find a desired effect. For optimal functionality, keep in mind different doses or strains may be required for different times of day. Edibles, absorbed in the stomach may require 2 hours to take effect and may last up to 8 hours or more.

CANNABIS SAFETY

Medicate Mindfully

PATIENT ACKNOWLEDGEMENT

For safe disposal, patients should return unused, excess or contaminated products to the dispensary from which they purchased the product. In addition, registered patients should not distribute cannabis to any other individual. Marijuana has not been analyzed or approved by the FDA. There is limited information on the side effects of cannabis and there may be health risks associated with using it. There may be additional health risks associated with consumption of marijuana for women who are pregnant, breastfeeding, or planning on becoming pregnant.

CHILD & PET SAFETY

Keep all cannabis and infused products away from children and pets. All cannabis products should be stored in their original container and kept in a lock box away from children and pets.

RESPONSIBLE CANNABIS USE

Never drive or operate machinery under the influence of cannabis.

UNDERSTANDING SUBSTANCE ABUSE & ADDICTION

Patients with concerns about the risk of addiction or a history of substance abuse should consult their physician and a certified substances abuse counselor. Common signs and symptoms of drug addiction include: you've built up a tolerance, you take drugs to avoid or relieve withdrawal symptoms, you've lost control over drug use, your life revolves around drug use, you've abandoned activities you use to enjoy, you continue to use drugs despite knowing its hurting you.

HELPGUIDE.ORG provides more information about substance abuse with resources on how to get help. <https://www.helpguide.org/articles/addictions/drug-abuse-and-addiction.htm>

TOLERANCE, DEPENDENCE & WITHDRAWAL

While there is little evidence to indicate cannabis is physically addicting, any substance can be overused with the potential for psychological dependence. A personal inventory should be taken if cannabis becomes a focal point in your life and consultation with your physician is recommended. Frequent or heavy use of medical marijuana can lead to increased tolerance, resulting in the need for a higher dose and different strains. Consulting with your primary care physician and medical cannabis certifier is highly recommended.

TRACK YOUR WELLNESS JOURNEY

Log your medication details in a dosing journal - taking note of the time taken, route of administration (edible, tincture, flower, vape), the dose in milligram (mg), your level of comfort before and after you medicate, its effects, and any additional details (strain, cannabinoid percentages, etc.)

TRACKING YOUR RESULTS

Patient Journal

EXAMPLE

DATE 6/4/21	REASON FOR USE/SYMPTOM Anxiety	STRAIN/TYPE Atonic CBD
FORM OF MEDICINE <input checked="" type="checkbox"/> Flower <input type="checkbox"/> Concentrate <input type="checkbox"/> Edible <input type="checkbox"/> Topical <input type="checkbox"/> Tincture <input type="checkbox"/> Other		
METHOD OF USE <input checked="" type="checkbox"/> Smoke <input type="checkbox"/> Vape <input type="checkbox"/> Dab <input type="checkbox"/> Ingest <input type="checkbox"/> Apply <input type="checkbox"/> Sublingual <input type="checkbox"/> Other		
DOSAGE 3 puffs	EFFECTS <input checked="" type="checkbox"/> Calm <input checked="" type="checkbox"/> Uplifted <input type="checkbox"/> Focused <input type="checkbox"/> Relieved <input type="checkbox"/> Relaxed	
ONSET/DURATION Instant/2.5 hours	RELIEF OF SYMPTOM 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10	No Relief Full Relief
NOTES Great strain for anxiety relief. Earthy taste and created a feeling of general happiness.		

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NOTES		

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