



CONGRATULATIONS ON GETTING YOUR MEDICAL CARD  
AND THANK YOU FOR USING MAINE MEDICAL CERTIFICATIONS, LLC

**PRECAUTIONS - MUST READ AND FOLLOW - CONTACT US IMMEDIATELY WITH ANY QUESTIONS\*\*\***

As we are issuing your MMMP certification we are officially establishing [or re-establishing if renewing] a bona fide medical provider-patient relationship. This means we have a relationship in which **Julie Milliken, CNP** (or her designated nurse practitioner) of **Maine Medical Certifications, LLC** is the **treating medical provider who will have ongoing responsibility for the assessment, care, and treatment of you as a qualifying patient with a debilitating medical condition with respect to the medical use of medicinal cannabis.**

**Plan of care:** This medical provider has determined that the length of time that the medical use of marijuana is needed for the treatment of your debilitating medical condition will be at least one year. Prior to issuing you a written certification, this medical provider has certified that it is this provider's professional opinion that you as the patient are likely to receive therapeutic benefit from the medical use of marijuana to treat or alleviate your debilitating medical condition as detailed separately.

**This provider is not assuming responsibility for any other aspect of your medical care. You must continue to have routine medical care and specialized care by your usual primary care providers and specialists.** This provider is participating in your medical care as your medical marijuana recommendation provider. This provider is available to you for ongoing monitoring of your progress and re-attestation of continued need for marijuana products at least once annually. You attest you have been offered one on one counseling services to discuss specific product and dosing recommendations to help treat your qualifying conditions. Alternative therapies for your conditions have been discussed if applicable. Please make sure that your primary care provider and all other medical providers are aware of your cannabis use. If you are suffering from a substance use disorder and need help, please let the practitioner know. **If you [the qualifying patient] have a name change or address change, you must secure an updated written certification from the provider with the correct name and/or address on it. Any written certification that has not been updated within 30 days to correct outdated patient information is considered invalid.**

- Medical Cannabis is used in treating debilitating medical conditions, defined as limiting life activities.
- The use of cannabis may affect coordination and cognition and may impair your ability to drive or engage in potentially hazardous activities. It is suggested to wait 2-4 hours after cannabis use before operating equipment or motor vehicle.
- Patients may experience side effects from cannabis use such as: dry mouth, dry eyes, lowered/higher blood pressure, lowered sugar levels, cold sensation in extremities, increased heart rate, anxiety, and fatigue. It is recommended to use the lowest dose needed to help relieve patients' symptoms to avoid unpleasant side effects.
- Some patients may experience symptoms when stopping long term cannabis therapy such as insomnia, restlessness and loss of appetite that usually resolve quickly.
- Cannabis therapy should be avoided while pregnant or breastfeeding. Please seek the advice of your physician/pediatrician.
- Cannabis may have interactions with other medications such as blood thinners, certain blood pressure and statin medications.
- Use caution when obtaining your medical cannabis. Ask provider questions around growing practices such as testing, pesticide use etc.
- Cannabis is Federally illegal. Do not ship in the mail or cross state or international lines with cannabis.
- Cannabis should be safely kept out of reach of children and pets.
- Drink extra water while using cannabis as cannabis can be dehydrating.

**\*\*\*We recommend a follow appointment as needed, but at least once a year. You must be seen at least annually for a renewal of your cannabis certification. In between certifications, you may experience changes in your health that may suggest changes to your medical cannabis therapy. Please contact us at any time to discuss these changes and to address any concerns you may have! Julie Milliken FNP (207)-203-9029**

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**While cannabis is allowed without a medical certification, certified patients with a medical card are better protected and there are benefits to renewing each year!**

- Certified patients have an affirmative defense in court should law enforcement be involved.
- Certified patients pay less sales tax than those in adult use program.
- Certified patients have greater protection against discrimination due to their cannabis therapy.
- Certified patients are not limited on the per dose of cannabis they purchase.
- Certified patients may acquire greater than 5 grams of concentrate to treat their illness if needed.
- Certified patients are guided by their provider to help them achieve better health with cannabis therapy.
- Patient certifications are held in confidence between you and your practitioner. Only non-identifying information may be shared with the State of Maine.

As a certified cannabis patient, you have 3 options to acquire your cannabis.

1. You may grow your own (6 flowering, 12 vegetative and unlimited seedlings or clones under 24 inches). If you are over 21 you may also be able have 3 adult use plants. Plant must be labeled appropriately with driver's license number on adult use and MMMP patient number on patient plants. Plants must be kept separately. 6ft privacy fence required around medical plants if grown outside. **\*\*\*PLEASE REFER TO STATE GUIDELINES FOR COMPLETE UP TO DATE CURRENT RULES/LAWS WHICH CAN AND DO CHANGE.**
2. You may purchase from a State licensed caregiver or caregiver storefront.
3. You may purchase from any State licensed dispensary.

**Patients must comply with all Maine State and Local laws which are subject to change so you must stay up to date on current regulations.** State of Maine Law includes but is not wholly limited to:

- You may keep in your possession 2.5 ounces of cannabis, but you may possess up to 8 pounds of cannabis at home. (Please keep out of reach of children and pets)
- You may purchase up to 2.5 ounces at one time.
- You may not operate a motor vehicle while impaired of any medication including cannabis.
- You may not smoke in public or on State or Federal property.
- You must have permission from your landlord to grow or smoke on property that you rent.
- You may not cross State lines with cannabis as it is still Federally illegal.
- You may not sell cannabis to others without being a State licensed Caregiver.
- You may not give cannabis to others that may not be allowed to possess it. (A person must be 21+ years old to possess cannabis without a medical certification)
- All medical cannabis must be grown and stored in an enclosed locked area. If grown outside, it must be contained behind a locked 6ft privacy fence or locked greenhouse. Patients participating in the MMMP may also participate in the Adult Use program if at least 21 years old

**\*\*\* All of the statements and comments made in this notice are subject to change AND interpretation by the Maine Court system, Federal Law, and Federal Court system. At no point are we giving legal advice or making determinations on the law of the State of Maine or the United States. Please consult a lawyer if you have any questions regarding the medical use of cannabis or any derivation thereof. Any legal statement made hereunder is the law as is understood by your cannabis professional and not as it would be interpreted by the courts of the state of Maine or federal jurisdictions.**

**\*\*\*\*At no point is your medical cannabis provider promising any beneficial effects from the use of cannabis, nor are they guaranteeing medical benefit from their product. As with any prescribed therapy, it may help, but they cannot know for certain what will work and what will not.**

**Should you need further assistance or to see the nurse practitioner again for any reason please call us at (207)-203-9029 or visit us at our permanent physical location at 393 Western Avenue, Augusta, Maine.**