

# MARIJUANA DOC+OR

Patient Guide



# Marijuana Doctor: Our Patients are our #1 Priority!

"As a medical marijuana patient myself, I understand firsthand the health benefits that medical cannabis delivers.

We are not confident that the new amendment on the November ballot on recreational marijuana will be good for our patients and we want to ensure that our patients are fully informed.

If the recreational marijuana amendment is passed:

- The sale of recreational marijuana products would be subject to high state tax, unlike medical products which are not taxed
- The sudden increased demand for marijuana products could lead to product shortages and to price hikes making it harder and more costly for medical marijuana patients to have access to their medicine
- The available supply of marijuana products could be depleted by not only all the people who live here but also those who travel to Florida, the most visited destination in the US
- Patients may not be able to have access to the strains and the routes they want, the ones that help them most for their condition
- A focus on recreational products could cause the quality of medical marijuana products to decline

Even if the recreational marijuana legislation does go through, there will still be many benefits for patients to stay in the medical program: to be able to get higher concentrations, to be able to carry more,

to skip to the front of the line. Lots of important aspects that we will work to make sure our state leaders protect for patients. We will protect our patients' rights in the medical marijuana program as vigorously as possible.

I am delighted that over the last seven years, we've had the honor to assist countless patients to improve their quality of life after becoming medical marijuana patients in Florida. We are very proud of the over 35,000 5-star Google reviews that we have received from our patients.

On behalf of myself and the entire Marijuana Doctor team, I want to thank our patients for their business. We are always here for our patients who come first in our organization. Our team of physicians and patient care specialists at Marijuana Doctor are dedicated to providing our patients with the education and services they need."



Ivan Field,  
Founder and CEO  
Marijuana Doctor

**We have 35 locations throughout Florida with offices that are opening very soon!**

Aventura  
Bonita Springs  
Brandon  
Clearwater Gulf to Bay  
Clearwater Palm Harbor  
Coral Springs  
Dania Beach  
Daytona Beach  
Delray Beach

Englewood  
Fort Lauderdale  
Fort Myers  
Jacksonville Beach  
Lake City  
Lake Worth  
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Margate  
North Tampa

Ocala  
Orange Park  
Orlando South  
Orlando West  
Palm Bay  
Pensacola  
Port Richey/Hudson  
Saint Augustine  
Saint Petersburg

Sanford  
Sarasota  
South Miami  
South Tampa  
Tallahassee  
Tampa/Citrus Park  
Winter Haven  
Zephyrhills

# As Florida's Top Medical Marijuana Evaluation Clinic, Marijuana Doctor is:

## Compassionate

- Our board-certified doctors will evaluate your qualifying condition and recommend a treatment plan.
- Our patient care specialists will help guide you through the entire certification and registration process.

## Convenient

- Patients are our #1 priority. Patient Care available 6 days a week.
- 35 locations throughout Florida with more coming soon!
- Risk-free: if you don't qualify for medical marijuana, you don't pay.

## Affordable

- Our medical marijuana evaluation service is all-inclusive.
- We offer monthly payment memberships.
- Check out our referral program: for each patient you refer to us, you save \$20 off your next re-evaluation!
- We offer discounted pricing for veterans and students.



# How to Become a Medical Marijuana Patient:

Follow the steps below to begin your path towards a better, more natural way of healing:

1

## DO YOU HAVE ONE OF THE FOLLOWING QUALIFYING CONDITIONS?

If you don't see your condition or ailment on the list, don't worry, as you may still have options. Call us at 844-442-0362, and our friendly Marijuana Doctor educator will be able to provide you with more information.

- Chronic Pain
- Anxiety Disorders
- Insomnia
- Chronic Muscle Spasms
- Crohn's Disease
- Post-Traumatic Stress Disorder (PTSD)
- Amyotrophic Lateral Sclerosis (ALS)
- Cancer
- Epilepsy
- Glaucoma
- HIV
- AIDS
- Seizures
- Multiple Sclerosis
- Parkinson's Disease

(Medical conditions of the same kind or class as or comparable to those above.)

2

## MAKE AN APPOINTMENT AT ANY OF OUR 35 LOCATIONS, WITH MORE COMING SOON.

You'll be evaluated thoroughly in a setting that is comfortable and safe under the guidance of an expert. Scheduling an appointment is easy! Just go to our website, [www.marijuanadoctor.com](http://www.marijuanadoctor.com) to select a location near you and the time of your appointment. Or, if you prefer, you can call us at 844-442-0362.

3

## GET EVALUATED BY MARIJUANA DOCTOR.

Once your medical evaluation is completed, you can apply for a State Medical Marijuana Card, which is required to purchase your medicine at a dispensary (medical marijuana treatment center).

\*Marijuana Doctor is 100 percent risk-free. If you see a doctor and find out you do not qualify, we will give you a refund.

4

## APPLY FOR YOUR STATE MEDICAL MARIJUANA CARD.

- The state application processing fee is \$75.
- Easy online application submission and payment.
- The state process may take up to 10 business days.
- The state card is issued by the state of Florida and is valid for one year.

\*Patients can start renewing their state cards 45 days before the current one expires. You cannot buy your medicine if the card is expired.

5

## GO TO A DISPENSARY OF YOUR CHOICE AND FILL YOUR ORDER.

And that's it! We keep things moving by setting up your re-evaluation appointment during your initial visit and periodically notifying you later on as well.

It's all part of the Marijuana Doctor promise to bring you better care. So, stay healthy with Marijuana Doctor, the friendliest marijuana doctor in the country.

\*By law in Florida, medical marijuana certification is only valid for 210 days (7 months), which means you will have to renew with us to keep your State Medical Marijuana Card valid.





# What's Next.....

## Look out for our email blasts!

To provide our patients with ongoing care, we are constantly on the lookout for dispensary deals and offers to share with you.



At Marijuana Doctor we provide our patients with all-inclusive care so we never charge for changes to your active orders.

If you ever need to adjust your orders, please send an email to [orders@marijuanadoctor.com](mailto:orders@marijuanadoctor.com) and we'll get back to you in 1 or 2 business days.

In up to  
2 weeks:

Look for the approval email from the OMMU. This will be your "temporary" Medical Marijuana Card that you can print and take to the dispensary.

In about  
2-4 weeks:

Look out for your medical marijuana card in your mailbox.

6.5  
months:

Look out for our reminder that we will send you prior to your re-evaluation appointment - it is critical to keep your appointment since your orders will expire in 7 months.

In 12  
months:

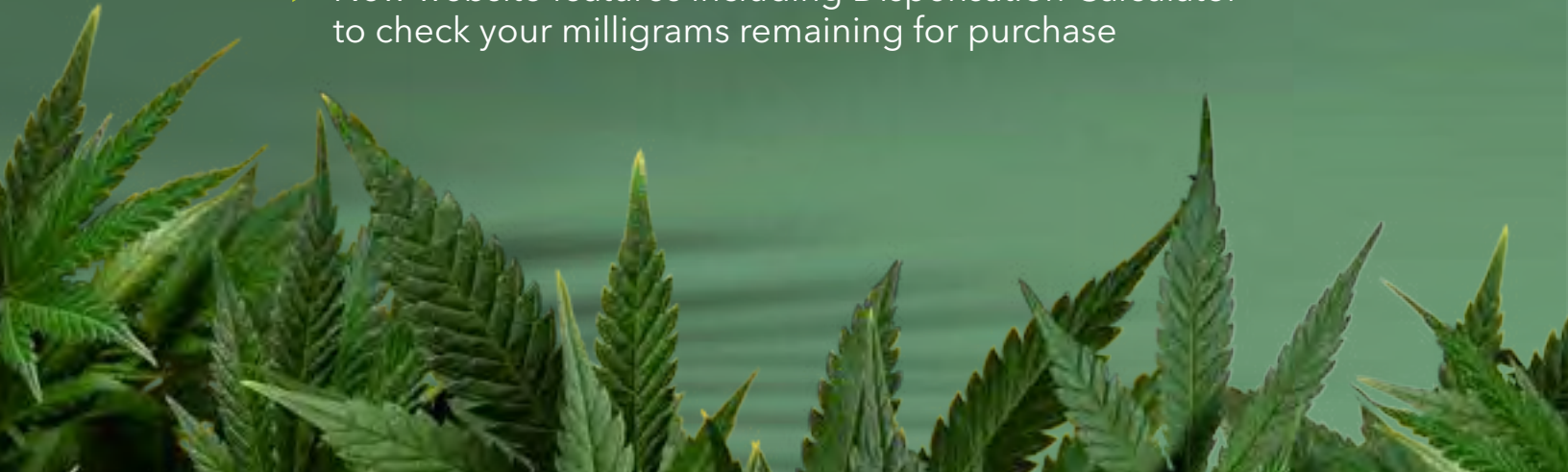
Your State medical card will expire so 45 days prior to expiration, look out for an email reminder from the MMUR about your upcoming MMJ Card Renewal.



DISCOVER WHY MORE FLORIDIANS

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- ▶ Free delivery for orders \$100+ and for patients 55+ with orders \$50+
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- ▶ Florida's first and largest MMTC with over 135 locations statewide
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RECERTIFICATION DISCOUNT**

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# What is the Endocannabinoid System?

The Endocannabinoid System (ECS) is a complex system in the human body, which maintains all processes throughout the brain and body, including how the body manages appetite, pain, sleep, pleasure, and mood.

The role of this system is that of creating balance within the body to achieve the optimal state for maintaining health and natural wellness. ECS receptors are found in the skin, muscles, bones, throughout the central and peripheral nervous

system, the immune system, and even the reproductive organs.

Certain chemical compounds called cannabinoids, attach to ECS receptors and behave like chemical messengers to control physiological signaling. When produced by the body, these compounds are called endocannabinoids and when created by plants, they are called phytocannabinoids, such as THC and CBD.

## CB1 receptors

Are found mostly in the brain and central nervous system, and to a lesser extent elsewhere in the body

### Target:

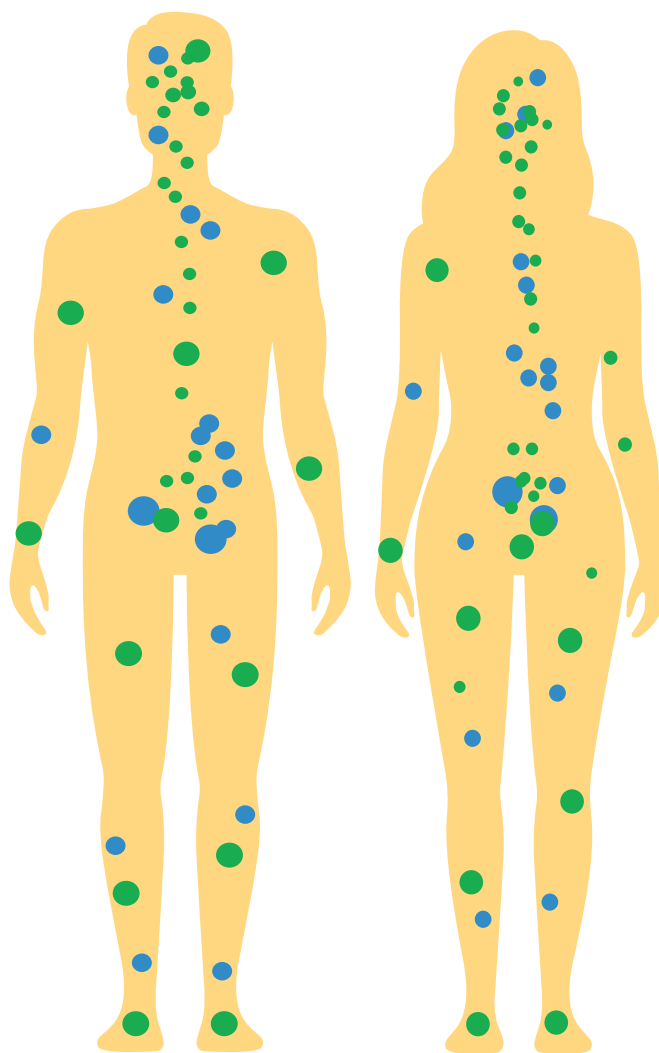
- Thinking
- Short term memory
- Pain perception
- Appetite
- Motor activity
- Motor coordination
- Immune cells

## CB2 receptors

Are found primarily in the peripheral organs, especially cells associated with the immune system

### Target:

- Eyes
- Bones/skeletal muscles
- Skin
- Immune system
- Respiratory system
- Cardiovascular system
- Gastrointestinal system
- Reproductive system
- Pancreas/liver





# Medical Marijuana & the Human Endocannabinoid System

## Why Medical Marijuana?

The use of the cannabis plant to relieve medical symptoms has been documented for over five centuries across the globe from China to Canada to the UK to Israel.

The medical properties of cannabis stem from two main compounds, THC and CBD, along with over 100 other beneficial compounds in Marijuana including other cannabinoids along with terpenes and flavonoids.



## Medical Marijuana:

### Relieves

Often times, diseases and illnesses produce extremely painful symptoms. Cannabis has proven to be an effective treatment for people suffering from migraines, arthritis, multiple sclerosis, PMS, anxiety, etc. Cannabis also has the ability to prevent and/or decrease opiate addiction due to the fact that cannabis and opiates share many of the same benefits. When compared to opiates, cannabis carries a significantly lower risk.

### Combats

Cannabis significantly combats the symptoms of depression, anxiety, PTSD, ADHD, etc. It is a natural relaxant that can ease the symptoms of these disorders. As a result, using cannabis will boost mood, improve sleep and lessen the number of episodes that one may experience. Cannabis is commonly used to stimulate the appetite of chemotherapy patients.

### Treats

Marijuana treats symptoms of many different diseases. Cannabis can temporarily decrease pressure in the eye, hence relieving the symptoms of glaucoma. Medical marijuana has antispasmodic properties, which decrease symptoms of epilepsy, seizures and Parkinson's diseases. As far as inflammatory bowel diseases go, cannabis can effectively treat several of the related symptoms like nausea, abdominal pain and diarrhea. Medical marijuana can also treat asthma by improving pulmonary function, over time.

### Calms

Cannabis has the ability to calm a patient. Medical marijuana can effectively calm the symptoms of Tourette's by slowing down the tics associated with the disease. It can also treat OCD by decreasing the obsessive neurological compulsions.





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10 Points as a birthday reward	10 Points as a birthday reward	10 Points as a birthday reward
Exclusive Digital Content	Exclusive Digital Content	Exclusive Digital Content
	First to shop select products and/or events	First to shop select products and/or events
	Bonus Point Events	Bonus Point Events

**EARN 2X REWARDS EVERY  
WEDNESDAY**

All rewards can be combined with other offers.

Patient must be a Curaleaf rewards member  
to receive loyalty points.



# Select

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**elevated**

We're a collective of cannabis lovers and visionaries,  
cultural connoisseurs, and progress seekers.  
At Select, we believe cannabis is a conduit to elevated  
moments, experiences and connections.

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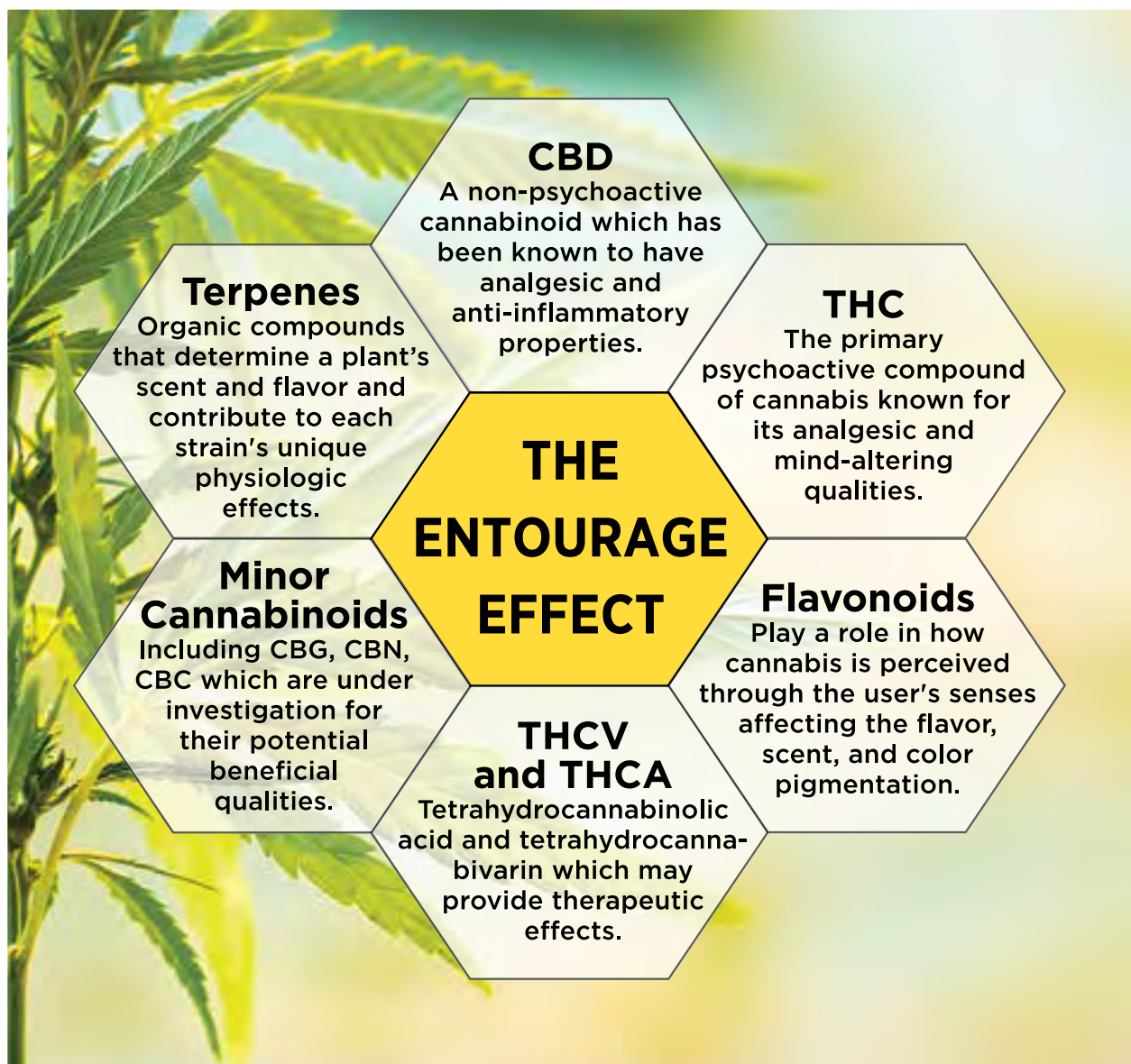




# Leveraging the Power of the Entourage Effect

The Entourage Effect is the overall result of the combined action of the numerous compounds found in the cannabis plant— the cannabinoids (including THC and CBD), the terpenes, and the flavonoids — which interact in harmony to produce stronger and more enhanced effects from the plant than might otherwise occur without all the elements present.

When taken alone, each of these compounds may have therapeutic effects, but when they are present together in whole-plant extracts, the combined effect may be greater than the sum of the individual benefits along with lower adverse side effects.





# Therapeutic Effects of Qualifying Conditions

Medical marijuana relieves symptoms of the following qualifying conditions:

**GLAUCOMA**  
Temporarily lowers  
intraocular pressure

**CANCER**  
Eases the side  
effects of cancer  
treatment: relieves  
nausea, vomiting,  
anxiety, depression;  
enhances sleep;  
stimulates appetite

**MULTIPLE  
SCLEROSIS**  
Relieves muscle  
spasms, stiffness,  
pain, and sleep  
problems

**PARKINSON'S**  
Relieves muscle  
spasms, tremors,  
stiffness, and pain

**EPILEPSY**  
Reduces seizure  
frequency

**PTSD**  
Relieves anxiety  
and depression  
improves mood

**CROHN'S  
DISEASE**  
Eases pain and  
promotes weight  
gain

**AIDS/HIV**  
Improves mood  
and appetite.  
Increases ability  
to sleep

**ALS**  
Relieves muscle  
spasms, stiffness,  
and pain. Improves  
mood and appetite



A doctor may certify a patient for medical marijuana to relieve the symptoms of other debilitating medical conditions of the same kind or class which may include: anxiety/depression, arthritis, chronic neuropathic pain, irritable bowel syndrome, migraine and muscular dystrophy among others.



THE BEST SAVINGS ARE AT



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SMALLS | SHAKE | PRE-ROLLS



## EDIBLES

SOFT CHEWS | COOKIES



## TOPICALS

ORIGINAL BALM | COOLING  
BALM | 1:1 BALM



## CONCENTRATES

LIVE BADDER | CRUMBLE  
LIVE SUGAR | DIAMONDS | WAX  
RSO | DISTILLATE SYRINGES



## ORALS

TINCTURES | CAPSULES



## VAPORIZERS

LIVE RESIN VAPES  
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BOTANICAL DERIVED TERPENE VAPES



## 64 STORES STATEWIDE & GROWING!

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## ENJOY \$5 OFF

To redeem, present code **AYR5OFFMMTC** to your budtender when picking up your order in store.

*Stackable discount exclusive for Medical Marijuana Treatment Center of Florida patients.*

Scan here to find a store  
and place an order!



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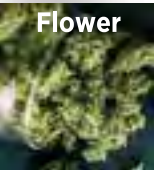

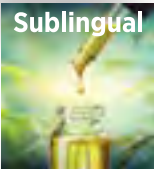



📷 📺 📧 @AYRFLORIDA

Valid through 12/31/24 for medical card holders at AYR Cannabis Dispensaries. \$5 stackable discount off order total. Must present discount code in-store to redeem. Discount code holds no cash value and cannot be exchanged for cash. Cannot be used on accessories, devices, or apparel. For use by qualified patients only.

# What are the Available Options for Routes of Administration?

## What to Consider When Choosing a Route?

When selecting a route of administration, there are several factors you may want to consider, including your medical condition, your lifestyle, the desired time frame for onset, and duration.

Route	Product Types	Attributes	Path to Bioavailability	Onset	Peak Effect	Duration
 <b>Flower</b>	Loose Flower	<ul style="list-style-type: none"> <li>• Fast acting method</li> <li>• Distinct aroma</li> <li>• Limiting for individuals with lung/respiratory issues</li> </ul>	Active ingredients pass directly into the bloodstream in the lungs	3-5 minutes	15-45 minutes	1-4 hours
 <b>Inhalation</b>	Vape Pens	<ul style="list-style-type: none"> <li>• Fast acting method</li> <li>• Little cannabis aroma</li> <li>• May be compact and discreet</li> </ul>	Active ingredients pass directly into the bloodstream in the lungs	3-5 minutes	15-45 minutes	1-4 hours
 <b>Sublingual</b>	Tinctures, Oils, Drops	<ul style="list-style-type: none"> <li>• Faster onset if taken under the tongue</li> <li>• Discreet</li> <li>• Easy dosing</li> </ul>	Active ingredients absorbed directly into the bloodstream through the mucosal membrane	10-15 minutes when administered under tongue	1-3 hours	1-6 hours
 <b>Edibles</b>	Gummies, Chocolate, Cookies, Brownies	<ul style="list-style-type: none"> <li>• Simple dosing</li> <li>• Delicious</li> <li>• Discreet</li> </ul>	Active ingredients absorbed into the bloodstream after digestion	30-60 minutes	2-4 hours	4-6 hours
 <b>Oral</b>	Gel Caps Capsules	<ul style="list-style-type: none"> <li>• Precise dosing</li> <li>• Discreet</li> <li>• Longer lasting relief</li> </ul>	Active ingredients absorbed into the bloodstream after digestion	30-60 minutes	2-4 hours	4-12 hours
 <b>Topical</b>	Lotions Creams Patches	<ul style="list-style-type: none"> <li>• Localized relief</li> <li>• Discreet</li> </ul>	Active ingredients absorbed locally through the skin	Variable	Approx. 1 hour	3-4 hours



# Dosing: An Individualized Approach

## Start Low and Go Slow

As you first start using medical marijuana, begin with a low dose (which the dispensary can recommend based on product selection) to give your body the time to adjust and enable you to get the most benefit from each dose.

### Slowly and Gradually Increase Your Dose

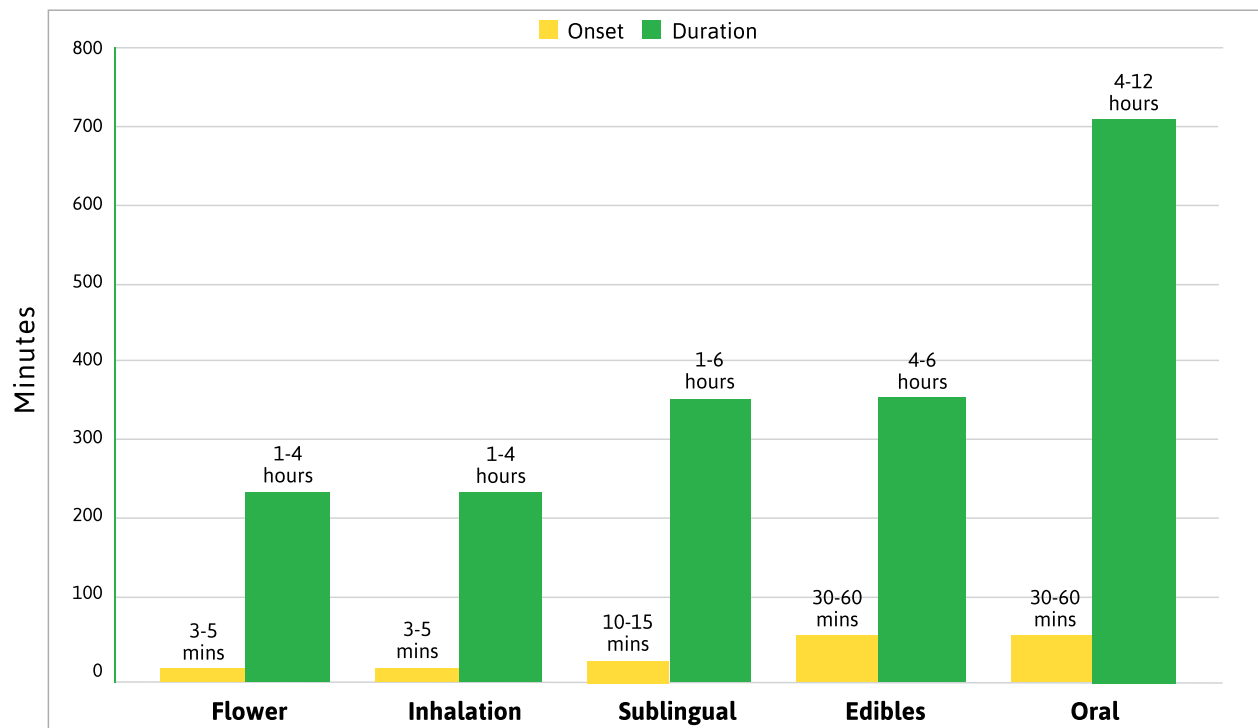
The dosage of medical marijuana will vary by individual and depend upon the medical condition. You can gradually increase your dose each week until

you find a level that provides you with consistent symptom relief.

### CBD + THC Can Maximize the Entourage Effect

Many patients find that they experience the best therapeutic outcome when they use CBD in conjunction with THC. This may be achieved by using CBD products along with medical marijuana and/or by trying combination products which contain different ratios of THC:CBD.

## Onset and Duration by Route





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## 50% Off

### New Sunnyside Patients

Are you new to Sunnyside? Welcome, please enjoy 50% off your first 4 visits with promo code **CRESCONPD1745**.<sup>1</sup>

## 25% Off

### Veterans

Veterans, we appreciate you and your spouse every day. Thank you for your service! Enjoy 25% off all of your and your spouse's purchases at Sunnyside.<sup>2</sup>

## 25% Off

### Birthday

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## 15% Off

### Industry

Do you work in the cannabis industry in Florida at an MMTC or Physician's Office? Bring your MMTC ID/Employee badge or a copy of your pay stub to the register to receive 15% off.<sup>4</sup>

## 15% Off

### Students

You'll like this math. Enjoy 15% off all your purchases at Sunnyside every day with your student ID.<sup>2</sup>

## 15% Off

### Seniors

It's your time to shine. Enjoy 15% off all your purchases at Sunnyside every day. Applies if you're 60 years of age and older.<sup>2</sup>

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### First Responders

We appreciate you for helping people in our communities every day! If you're an active or retired Firefighter, EMT, Nurse, or Police Officer, enjoy 25% off all your purchases at Sunnyside.<sup>2</sup>

## Sunnyside\* REWARDS

Join now to start earning 1 point for every \$1 you spend at Sunnyside\*! Rewards points can be redeemed for discounts on future purchases in-store and online.

1. Promo code must be redeemed online and used for your first four visits. 50% off applies to regular priced medicated items and is not stackable.
2. Non-stackable discount will be applied in-store.
3. Limit one use per year. Must be redeemed within your birthday month. Non-stackable discount will be applied in-store.
4. Non-stackable industry discount at any Florida Sunnyside location every day.



# Which Strain Should You Try: Sativa, Hybrid or Indica?

While there are dozens of variations of strains of medical marijuana, most dispensaries break the medicinal benefits down into two or three categories: Sativa, Indica, and Hybrids of the two. This makes it much easier for patients to choose

the strain that will help treat their symptoms most effectively. Take a look at the breakdown below, for a better understanding of which may be right for you!

**The choice of strain is a critical factor affecting an individual's experience with medical marijuana. Strains are different types of cannabis plants, of which Sativa, Indica, and Hybrids are the most common.**

SATIVA  Often preferred for Daytime Use	HYBRID OF SATIVA AND INDICA  Choice for Day or Evening	INDICA  Often preferred for Nighttime Use
Uplifting, energizing, and stimulating	Blended mix of effects, combining traits of both parent strains	Soothing, relaxing, and sedating
Good choice for patients who not only need relief but who also want to stay energized and alert	Good choice for patients who are seeking a balance between invigoration and sedation while seeking symptom relief	Good choice for patients who are seeking calming and to unwind while managing their symptoms
Sativa strains usually contain a higher CBD vs THC level	Often contain a relatively balanced mix of THC and CBD	Indica strains usually contain a higher THC vs CBD level
<b>Common Symptom Relief:</b> Boost mental focus Reduce pain Reduce nausea Relieve depression Reduce inflammation Relieve headaches and migraines Elevate mood	<b>Common Symptom Relief:</b> Reduce pain Reduce nausea Relieve depression Reduce inflammation Stimulate appetite Relieve headaches and migraines	<b>Common Symptom Relief:</b> Promote relaxation Reduce stress and anxiety Promote restful sleep Reduce pain Reduce inflammation Stimulate appetite Reduce muscle spasms

*Jungle Boys*



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***Jungle  
Boys***









# What are Terpenes?

Responsible for the distinctively sweet, citrusy, and earthy flavors of cannabis, terpenes are somewhat the unsung heroes of the cannabis world. If you've ever identified a strain from just one smell, or truly appreciated its taste, what you were processing is in fact the terpene profile which gives each strain its unique personality.

Terpenes change more than just the smell of marijuana, they also provide each strain with its own unique physiologic effects. These essential oils, which are secreted by the cannabis plant's sticky glands, contribute to what is known as

the "entourage effect" - the harmonic union of cannabinoids, terpenes and flavonoids which produces a more enhanced effect than any one compound on its own.

While there are more than 100 identified terpenes in cannabis (each of which produces a distinct combination of feelings and effects), some are more common than others. Knowing what to look for, what appeals to you, and what doesn't will help you get the relief that you need. Here are the more popular terpenes and their noted effects:

TERPENE	AROMA	PROPERTIES	
Bisabolol	Floral and black pepper	Antibacterial and antifungal	
Caryophyllene	Spicy and peppery	Anti-inflammatory, anti-anxiety, pain relief	
Humulene	Woody and earthy	Antibacterial, anti-inflammatory, appetite suppressant, and pain relief	
Limonene	Citrus	Anti-anxiety and stress relief	
Linalool	Floral and citrus	Pain relief and relaxation	
Myrcene	Earthy	Sedative and muscle relaxation	
Pinene	Pine	Anti-inflammatory and effective against short-term memory effects of THC	
Ocimene	Sweet	Anti-inflammatory	





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ST. AUGUSTINE



**New Patient Discount!**



NON-STACKABLE & MUST BE USED WITHIN 30 DAYS OF EACH OTHER

**40%**

off all products!

**1st  
visit**

**30%**

off all products!

**2nd  
visit**

**20%**

off all products!

**3rd  
visit**

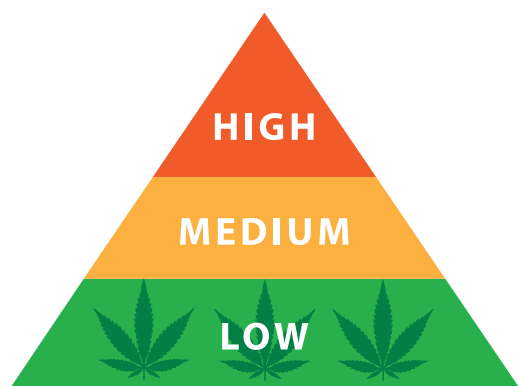
A Higher Standard ✦ A Higher Calling ✦ A Higher Knowledge

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## Low Dependency Potential of Marijuana

Even with chronic and excessively frequent marijuana use, approximately 10% of HEAVY marijuana users MAY develop a dependency on marijuana.

## Effects and Remedies

SIDE EFFECT	REMEDY
Dry Mouth	<ul style="list-style-type: none"> <li>• Drink a beverage such as water</li> <li>• Use a lozenge or chew gum to increase the production of saliva</li> </ul>
Irritated/red eyes	<ul style="list-style-type: none"> <li>• Use over the counter lubricating eye drops</li> </ul>
Coughing	<ul style="list-style-type: none"> <li>• Drink cold water once coughing eases</li> <li>• Reduce the amount of vapor/smoke inhaled</li> </ul>
Lightheadedness /dizziness	<ul style="list-style-type: none"> <li>• Keep your eyes open and focused on an object until the symptoms subside</li> </ul>
Rapid Heart Beat	<ul style="list-style-type: none"> <li>• Will usually resolve approximately 15-20 minutes after intake of cannabis</li> <li>• Breathe slowly and deeply for several minutes</li> <li>• Contact an emergency healthcare professional if accompanied by chest pain</li> </ul>
Short Term Memory Loss	<ul style="list-style-type: none"> <li>• Will be completely reversible when cannabis usage is decreased or completely ceased</li> </ul>
Psychoactive Effects	<ul style="list-style-type: none"> <li>• Sit comfortably and empty your lungs through your mouth</li> <li>• After closing your mouth, take a deep breath through your nose filling your lungs to a mental count of four</li> </ul>





# Best Selection & Prices in Florida

## New Patient Offers

50%  
Off

1st visit

20%  
Off

2nd visit

\*Restrictions apply. Cannot be combined with other promotional offers

## Discounts & Rewards

20%  
Off

Senior 55+

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Off

Veterans

20%  
Off

Industry

20%  
Off

Student

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Off

Pediatrics

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Off

Orders of  
\$150



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## Vital Information

OMMU User ID: \_\_\_\_\_

OMMU Password: \_\_\_\_\_

Re-evaluation Appointment (subject to change)

Date: \_\_\_\_\_

Time: \_\_\_\_\_

OMMU Card Renewal Date: \_\_\_\_\_

Patient Care: **844-442-0362**

MMUR website: <https://mmuregistry.flhealth.gov>

## Save on your Next Re-Evaluation!

Refer 1 Friend, Get \$20 Off | Refer 4 Friends, Get it Free

**Your Referral also gets \$20 Off their New Patient Evaluation**

Referrals must be within the last 7 months. Cannot be combined with other discounts.







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