



PAUSE PAIN
& WELLNESS
MEDICAL CANNABIS CLINIC

Quick Reference Guide

Your essential resource for important information, instructions, and starter tips on how to begin your wellness journey with Pause Pain & Wellness.

VITAL INFORMATION

User ID

Password

HOW AND WHICH APPLICATION DO I COMPLETE?

- I am a new patient to the program.
(New Patient Application)
- I just completed my six month follow up visit.
(Patient Update Application)
- I just completed my year renewal visit.
(Patient Renewal Application)



Scan the QR code for access to the complete patient guide.

833.940.5060
pausethelpain.com

How to Create a **Patient Update**:

1. Login to the portal.
2. Choose Create a new application.
3. Click “I am a Patient” > “Patient Update” > “Create Application”.
4. Next, you will need to select the license number (your PATS number on your card) that you want to update.
5. Next, you will need to answer “Yes” to all items you want to update:
 - A. Name (if you are changing your name, supporting documents will be required, i.e. marriage license, divorce papers, new driver’s license).
 - B. Email address or phone number.
 - C. Change residence or mailing address.
 - D. Update your Practitioner Certification.
 - E. Update your Caregiver Information.
 - F. Submit an additional document.

After you answer yes to all applicable changes, click “Save” at the bottom.

6. If you are updating your Practitioner Certification, you must answer Yes to that question. On the “Certifying Practitioner / Condition Information tab”, you must click “View Available Certification”, then choose the most recent date of your visit, click “Update” and save at the bottom.
7. Proceed thru the rest of the application. Submit at the end.

How to Create a **Renewal**:

1. Login to the portal.
2. Choose Create a new application.
3. I am a Patient > Patient Renewal > Create Application
4. Next, you will need to select the license number (your PATS number on your card) that you want to renew and click Save.
5. Continue thru the application, save at the bottom of each screen, and submit.

Dosing

6 units/week (MMCEU)

1 unit = 3.5g (1/8oz) flower = 1G concentrate = 100mg infused

Strains

Sativa Strains	Indica Strains	Hybrid Strains
have an uplifting effect and offer a cerebral high that includes:	have a relaxing, sedative effect, often used to:	offer a mix of effects, combining the traits inherited from parent strains:
<ul style="list-style-type: none"> • Laughing uncontrollably • Engaging in in-depth conversations • Thinking creativity 	<ul style="list-style-type: none"> • Reduce stress • Relieve pain • Limit anxiety 	<ul style="list-style-type: none"> • Offer a relaxing body effect • Create balance of mind and body • Limit anxiety

Forms

Route	Product	Attributes	Bioavailability	Onset	Peak	Duration
	Loose flower	<ul style="list-style-type: none"> • Fast acting method • Distinct aroma • Limiting for individuals with lung or respiratory issues 	Active ingredients pass directly into the bloodstream in the lungs	3-5 minutes	15-45 minutes	1-4 hours
	Vape pens	<ul style="list-style-type: none"> • Fast acting method • Little cannabis aroma • May be compact and discreet 	Active ingredients pass directly into the bloodstream in the lungs	3-5 minutes	15-45 minutes	1-4 hours
	Tinctures, oils, drops	<ul style="list-style-type: none"> • Faster onset if taken under the tongue • Discreet • Easy dosing 	Active ingredients absorbed directly into the bloodstream through mucosal membrane	10-15 minutes (under tongue)	1-3 hours	1-6 hours
	Gummies, chocolate, cookies, brownies	<ul style="list-style-type: none"> • Simple dosing • Delicious • Discreet 	Active ingredients absorbed into the bloodstream after digestion	30-60 minutes	2-4 hours	4-6 hours
	Gel caps, capsules	<ul style="list-style-type: none"> • Precise dosing • Discreet • Longer lasting relief 	Active ingredients absorbed into the bloodstream after digestion	30-60 minutes	2-4 hours	4-12 hours
	Lotions, creams, patches	<ul style="list-style-type: none"> • Localized relief • Discreet 	Active ingredients absorbed locally through the skin	Variable	Approx. 1 hour	3-4 hours

After Months of Research and Feedback From Our Patients, Pause Pain and Wellness Believes



The newly available **Beyond** brand of medical cannabis products may have the best formulation and dosing options for medical cannabis patients, especially those with little or no prior experience.

Lower dose options like the Beyond line may help patients get started more comfortably, allowing them to enjoy the benefits without feeling that the product is “too strong”.

As always, we will continue to pursue the best options for our patients and share our findings.

Dispensary Locations



MENTAL HEALTH

Do you struggle with depression or anxiety?

Help Make Life Brighter

Our program takes a uniquely holistic approach to mental health, to help you to feel like yourself again.

- ✔ Evaluation by Mental Health Provider
- ✔ Personalized Treatment Plan
- ✔ Ongoing Care for Medication Management

\$39.99 p/month (evaluation: \$80.00)

MEDICAL WEIGHT LOSS

Are you looking for a better weight loss treatment?

Reach Your Goal Faster

Your journey begins with a personalized treatment plan, creating a realistic program that works for you.

- ✔ Monthly Medical Exams and Qualifying Blood Work
- ✔ A Realistic Program Created to Work Specifically For You
- ✔ Ongoing Care for Medication Management

\$79.99 p/month* (evaluation: \$99.00)

**medication administered for additional cost*



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