



Patient Handbook

Thrive does not give medical advice. Thrive does not make any claims regarding the safety or efficacy of cannabis due to the lack of substantial evidence or substantial clinical data with reasonable scientific rigor. The information provided in this document is based on information reported by patients and other sources and should not be construed as claiming the safety or efficacy of cannabis. This handbook and other materials distributed by Thrive are informational only and not intended to be 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 a medical condition.

This document is strictly private, confidential and personal to its recipients and should not be copied, or reproduced in whole or in part, nor passed to any third party.



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Welcome to Thrive

The Thrive 5: Center Core Competencies

Care:

Thrive will provide certified, licensed patients with safe, affordable access to high quality medical cannabis in a dignified and patient-centric environment. We will utilize our skills to strictly comply with the laws, rules, and regulations established by the State of Illinois in creating a facility that is a model for regulatory compliance and compassion for patients.

Compassion:

At Thrive, the patient is at the center of all we do. Our mission is built on providing licensed patients with safe access to high quality and affordable medicine. We take this commitment to patients quite seriously, and all of our team members are trained on creating an environment that puts patients first. We recognize that our patients are dealing with an array of complex, and in some cases very serious, medical conditions. We are committed to providing the most compassionate and comprehensive care and support to all.

Culture:

To achieve an optimal level of competency in the distribution of medical cannabis, Thrive has created a team of highly experienced individuals.

Compliance:

Thrive is licensed by the State of Illinois which has developed comprehensive rules and regulations for operation of a dispensary in our state. Thrive works collaboratively with state regulators to ensure that procedures and protocols are in place to ensure safe patient access to the highest quality of medicine. Compliance with state regulations runs the full spectrum of care.

Community:

Thrive is passionate about the local community and will be dedicated to hiring local talent, hosting community events and working with the State of Illinois to provide patients with quality care!

Thrive Locations & Contact Information

Thrive Anna

87 Richview Drive
Anna, IL 62906
(618) 715-0887

Thrive Harrisburg

105 Veterans Drive
Harrisburg, IL 62946
(618) 715-0882

Hours:

Monday – Friday 10:00 a.m. – 6:00 p.m.

Saturday 10:00 a.m. – 2:00 p.m.

Questions & Inquiries:

info@thrivel.com

www.Thrivel.com

Follow us on:



ILLINOIS MEDICAL USE OF CANNABIS PROGRAM

The Compassionate Use of Medical Cannabis Pilot Program Act 410 ILCS 130

On August 1, 2013, Governor Quinn signed the Compassionate Use of Medical Cannabis Pilot Program Act. It became effective on January 1, 2014. The Department of Financial and Professional Regulation is charged with completing the review and selection of dispensing organization applicants, licensing and regulating dispensing organizations and their agents. More information including the full text can be found on the Illinois General Assembly website.

<http://www.ilga.gov/legislation/ilcs/ilcs3.asp?ActID=3503&ChapterID=35>

Available Programs

MCPP- Medical Cannabis Pilot Program

Qualifying Medical Conditions for the MCPP:

Agitation of Alzheimer's disease, Amyotrophic Lateral Sclerosis (ALS), Anorexia Nervosa, Arnold-Chiari Malformation, Autism, Cachexia/Wasting Syndrome, Cancer, Causalgia, Chronic Inflammatory Demyelinating Polyneuropathy, Chronic pain, Crohn's disease, CRPS (complex regional pain syndrome Type II), Dystonia, Ehlers-Danlos Syndrome, Fibrous Dysplasia, Glaucoma, Hepatitis C, HIV/AIDS, Hydrocephalus, Hydromyelia, Interstitial Cystitis, Irritable Bowel Syndrome, Lupus, Migraines, Multiple Sclerosis, Muscular Dystrophy, Myasthenia Gravis, Myoclonus, Nail-Patella Syndrome, Neuro-Bechet's Autoimmune disease, Neurofibromatosis, Neuropathy, Osteoarthritis, Parkinson's Disease, Polycystic Kidney Disease (PKD), Post-Concussion Syndrome, Post-Traumatic Stress Disorder (PTSD), Reflex Sympathetic Dystrophy, Residual Limb Pain, Rheumatoid Arthritis, Seizures (including those characteristic of Epilepsy), Severe Fibromyalgia, Sjogren's Syndrome, Spinal Cord Disease (including but not limited to arachnoiditis), Spinal cord injury is damage to the nervous tissue of the spinal cord with objective neurological indication of intractable spasticity, Superior Canal Dehiscence Syndrome, Syringomyelia, Tarlov Cysts, Tourette Syndrome, Traumatic Brain Injury, Ulcerative Colitis.

OAPP- Opioid Alternative Pilot Program:

Qualifying Medical Conditions for the OAPP:

An individual has been prescribed or could have been prescribed an opioid based on generally accepted standards of care.

Illinois Recreational Cannabis Program

The Illinois recreational cannabis program will take effect on January, 1st, 2020. Please follow the IDPH website for regulations & updates.



Good Neighbor Agreement

All dispensary members are required to sign a “Good Neighbor Agreement” before purchasing medicine. We seek to be a model dispensary and will do our part to ensure that we are responsible, responsive and compliant with all state laws and regulations. Our staff strive to perform in a way that is professional, respectful and thoughtful. We kindly request that the people we serve follow the same standards to ensure successful implementation of the program and to garner the respect of our community. If a member is found in violation of the rules of the “Good Neighbor Agreement,” their membership may be revoked.

Goals of the Agreement

1. Maintain the safety of the neighborhood and the dispensary;
2. Minimize nuisance issues, crime and fear of crime in and around the dispensary; and
3. Develop and maintain clear communication channels between all parties.

General Rules

1. No purchasing of medicine for non-members and/or reselling of purchased medicine. Any member found reselling medicine will have their membership to our center revoked.
2. No smoking or ingesting of medicine inside the facility or on the grounds outside of the facility.
3. Weapons of any kind are allowed in the facility.
4. Cell phone use is allowed in the building. However, photographs, videos, & voice recordings of any kind are prohibited in the building and on the premises.
5. No littering or loitering on the premises. Cameras are everywhere.
6. For your benefit, lockers are available in the vestibule to hold backpacks and large bags.
7. For identification and facial recognition purposes faces of those visiting Thrive must always be visible for State security cameras and Thrive staff. Hats, hoodies and non-prescription sunglasses must be removed prior to entering the patient access area.
8. Smelling and handling of sample products cannot surpass the sales counter area.
9. Raised voices, arguing, yelling or any type of excessive noise is not allowed.
10. Camera and voice recorder use is not allowed in the building or on the premises.
11. Minors under the age of 18 are not allowed in the building (except as permitted by state law).
12. Becoming a member of one Thrive facility does not allow you to make purchases at our other Thrive facility. Patients may only be assigned to one dispensary location at any given time per the IDPH.
- 13. All sales are final. No returns or exchanges. Patients may not bring product back into the dispensary after purchase. Any defective product must be reported within 14 days of purchase.**

Patient agrees to follow all the regulations of the Illinois Department of Public Health and the State of Illinois relative to his/her use of all medicines sold or distributed by Thrive.

Patient acknowledges that he/she has not relied on any advice of anyone at Thrive relative to the use of any medicine and agrees not to hold Thrive liable for any direct or indirect damages resulting there from.

Thrive does not hold itself to the public within this state as being able to diagnose, treat, prescribe for, or prevent any human disease, ailment, pain, injury, or condition. Thrive does not suggest, recommend, prescribe, or administer any form of treatment, operation, or healing the intended palliation, relief, or cure of any physical or mental disease, ailment, injury, or condition.

Cannabis must be treated like all other medications meaning it must be used properly and responsibly. Misuse or overuse of medical cannabis can result in numerous side effects. It is important to adhere to the medical advice of your doctor and use good judgment when treating with medical cannabis. Patient acknowledges that marijuana has not been analyzed or approved by the FDA; there is limited information on side effects of marijuana; and there may be health risks associated with using marijuana.

Please be responsible about safe storage and keep your medicine away from children. Medical cannabis can cause harm and should be stored under lock and key to avoid accidental ingestion by children or others. Properly store your medical cannabis in an airtight, child proof container out of direct sunlight.

Patient acknowledges cannabis is federally illegal, classified as a Schedule 1 controlled substance, may be dangerous to one's health and cannot be consumed in public. Your risk of federal prosecution increases on federal land, which includes national parks, and federally subsidized housing. Cannabis may not be transported across state lines. Cannabis may cause impaired motor skills and drowsiness. Avoid driving or operating heavy machinery when using your medicine.

Patient/member, by his or her signature below, acknowledges that they have read and understand the above-mentioned rules and agree to abide by them.

Signature: _____

Date: _____

NOTICE OF PRIVACY PRACTICES

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE READ IT CAREFULLY. IF YOU WOULD LIKE A COPY OF THIS NOTICE PLEASE LET US KNOW AND WE WILL BE HAPPY TO SUPPLY YOU WITH A COPY.

1. OUR PLEDGE REGARDING MEDICAL INFORMATION

The privacy of your medical information is important to us. We understand that your medical information is personal and we are committed to protecting it. We create a record of the care and services you receive at our organization. We need this record to provide you with quality care and to comply with certain legal requirements. This notice will tell you about the ways we may use and share medical information about you. We also describe your rights and certain duties we have regarding the use and disclosure of medical information.

2. OUR LEGAL DUTY

The Law Requires us to:

- Keep your medical information private.
- Give you this notice describing our legal duties, privacy practices, and your rights regarding your medical information.
- Follow the terms of the current notice.

We Have the Right to:

- Change our privacy practices and the terms of this notice at any time, provided the changes are permitted by law.
- Make the changes in our privacy practices and the new terms of our notice effective for all medical information that we keep, including information previously created or received before the changes.

Notice of Change to Privacy Practices:

- Before we make an important change in our privacy practices, we will change this notice and make the new notice available upon request.

3. USE AND DISCLOSURE OF YOUR MEDICAL INFORMATION

The following section describes different ways that we use and disclose medical information. Not every use or disclosure will be listed.

We will not use or disclose your medical information for any purpose not listed below, without your specific written authorization. Any specific written authorization you provide may be revoked at any time by writing to us at the address provided at the end of this notice.

FOR TREATMENT: We may use your medical information to provide you with medical treatment or services. We may disclose medical information about you to doctors, nurses, technicians, medical students, caregivers, or other people who are taking care of you. We may share medical information about you to other health care providers you designate to assist them in treating you.

FOR PAYMENT: We may use and disclose your payment information to Bank Affiliates. We accept cash or credit cards for payment of products.

FOR LEGAL: We may disclose your medical and payment information to the Illinois Department of Public Health.

FOR REMINDERS: We may call, email, text, or send you mail regarding products, services, or reminders.

4. YOUR INDIVIDUAL RIGHTS

You Have the Right to:

- Look at or get copies of certain parts of your medical information. You must make your request in writing.
- Receive a list of all the times we or our business associates shared your medical information for purposes other than treatment, payment, and health care operations and other specified exceptions.
- Request that we communicate with you about your medical information to you by different means or at different locations must be made in request that we communicate your medical information to you by different means or at different locations must be made in writing.
- Request that we change certain parts of your medical information. We may deny your request if we did not create the information you want changed or for certain other reasons. If we deny your request, we will provide you a written explanation. You may respond with a statement of disagreement that will be added to the information you wanted changed. If we accept your request to change the information, we will make reasonable efforts to tell others, including people you name, of the change and to include the changes in any future sharing of that information.

If you have any questions about this notice or if you think that we may have violated your privacy rights, please contact us at: info@ThriveLL.com

Thrive Anna
87 Richview Drive
Anna, Illinois 62906

Thrive Harrisburg
105 North Veterans Drive
Harrisburg, Illinois 62946

THRIVE SERVICES

Safety

Fostering an environment that promotes the health and well-being of our patients is a foremost priority of our center. To accomplish this goal, we provide comprehensive security throughout our property and within our center. Our highly trained security team is focused on ensuring that patients have a pleasant and welcome experience each time they visit us.

Staff & Resources

We encourage patients to ask plenty of questions and interact with our staff when they visit a Thrive dispensary. Our Patient Advisors (PAs) are heavily trained and extremely knowledgeable about medical cannabis. We welcome any questions and will be happy to guide patients toward additional resources for independent research.

We always appreciate patient feedback, so please don't hesitate to reach out to a member of our staff, or email us at: info@thrivel.com

Patient Appointments

Thrive is dedicated in providing the utmost level of care and attention to each patient. Therefore, appointments are required for new patient consultations, new patient applications, current patient extensions, & renewals. Thrive also offers Patient Advisor consultations for customization of accelerated patient care.

Our Promise

New patients will receive a discount on purchases for the first 60 days. Veterans, senior citizens (age 65 & older), and patients receiving SSDI or SSI will receive a 10% discount on purchases. Patients receiving SSDI or SSI must submit a "Benefit Verification Letter" from the Social Security Administration that shows the patient's name, address, dated within the last year, and the specification of SSDI or SSI benefits. Veterans must submit a copy of a DD-214, military identification card, or their state issued military driver's license.

We are only allowed to purchase medical cannabis products from licensed Illinois cultivators. All products that we receive are pre-packaged and labeled by the cultivation centers. We understand mistakes happen, causing a malfunction with a product (i.e. pens, cartridges), product labels, etc. **Patients who encounter issues with product should notify a Thrive representative within 14 days of purchase for a credit or replacement to be issued.**

OUR PRODUCTS

Products will vary in potency (strength of effect on body and mind) and cannabinoid profile, and strain specific details and ingredients are clearly labeled on all Thrive products. All products have been laboratory tested. It is important that patients are careful in finding the ideal dose for their desired therapeutic effects. Each person is unique and may experience medical cannabis quite differently.

Edibles

Chocolates, gummies, tonics, & more

10 mg (or less)

The suggested dose for an inexperienced edible user

2 hours (or more)

Amount of time to wait before increasing your edible dose

Topicals

Lotions, transdermal patches, body oil, & more

Concentrates

Tinctures, oils, capsules, & more

Accessories

Vaporizers, glass products, grinders, & more

THE BASIC PRINCIPAL FOR DOSING IS TO START LOW AND INCREASE SLOWLY.

Please check our website and dispensaries for the latest menu of available products.

<https://thriveil.com/biotrack-menu-harrisburg/>

<https://thriveil.com/biotrack-menu-anna/>

WHAT THE SCIENCE SAYS

Many organizations have compiled over 200 scientific and scholarly articles and summarized the potential therapeutic effects of medical cannabis in “Medical Cannabis Research: What the Science Says”. These documents can be a valuable tool in understanding the basic science behind medical cannabis use and its potential effectiveness and versatility in treating many conditions.

Americans for Safe Access (ASA)

Go to: http://www.safeaccessnow.org/medical_cannabis_research_what_does_the_evidence_say

HEALTH CANADA

Information for Health Care Professionals – Cannabis and the Cannabinoids Google:

“Health Canada MMJ Info HC Professionals”, or:

<http://www.hc-sc.gc.ca/dhp-mps/marihuana/med/infoprof-eng.php>

- Focuses on info to help medical professional appropriately recommend cannabis, but also useful for patients and caregivers
- Overview of science & research, dosing, potential uses and possible adverse effects

AMERICAN ACADEMY OF CANNABINOID MEDICINE

Google: “American Academy of Cannabis”, or: <http://aacmsite.org>

- Organization of clinicians & researchers supporting the use of cannabis medicines
- Provides education to medical professionals and the public on cannabinoids and the endocannabinoid system

PROJECT CBD

Google: “Project CBD”, or: <http://projectcbd.org>

- Updates doctors and patients on developments in cannabinoid science and therapeutics
- Supports further research and developments on cannabinoid medicines

NATIONAL ORGANIZATION FOR THE REFORM OF MARIJUANA LAWS (NORML)

Google: “NORML Medical Marijuana Research”, or <http://norml.org/library/recent-research-on-medicalmarijuana>

- Advocacy organization supporting the reform of marijuana laws
- Includes a compilation of the recent research supporting medical marijuana use for a variety of identified conditions

MARIJUANA POLICY PROJECT (MPP)

Go to: <https://www.mpp.org/issues/medical-marijuana>

- Advocacy organization supporting marijuana policy reform Provides information supporting the use of medical marijuana, including research briefings, effective arguments, legislative overviews and federal policy

The National Institute On Drug Abuse

Go to: Drug Facts <https://d14rmgtrwzf5a.cloudfront.net/sites/default/files/drugfacts-marijuana.pdf>

- The National Institute on Drug Abuse (NIDA) is a United States federal-government research institute whose mission is to "lead the Nation in bringing the power of science to bear on drug abuse and addiction."

THE CANNABIS PLANT IS TYPICALLY CLASSIFIED INTO FOUR GROUPS FOR MEDICAL USE:

Sativas, Indicas, Hybrids and CBD. Within each group, there are a variety of different strains from which to choose.

It is important to understand that different people have different experiences using medical cannabis. There are several factors that can impact the effects felt by the consumer:

- Dosage (amount used)
- Strain or type of cannabis (Sativa, Indica, or Hybrid)
- Method of use (vaporizing, edibles, tinctures, etc.)
- Environment/setting
- Experience and history of cannabis use
- Mood or mindset

Other cannabinoids present in cannabis products may include:

- Cannabinol (CBN)
- Cannabichromene (CBC)
- Cannabigerol (CBG)
- Tetrahydrocannabivarin (THCV)

Thrive's trained patient advisors provide patient education on health benefits of other cannabinoids.

SATIVAS

are reported to have the following therapeutic effects:

- Mood elevation
- Increased energy
- Increased sense of well-being & focus
- Increased appetite & reduces nausea

For some patients, sativas may increase feelings of anxiety and paranoia. Sativas are often recommended for daytime use.

INDICAS

are reported to have the following therapeutic effects:

- Relaxation & stress relief
- Relaxes muscles, reduces
- Reduces pain & inflammation
- Reduces anxiety
- Relieves nausea & stimulates appetite
- Reduces intra-ocular pressure
- Anti-convulsant

For some patients, indicas may result in tiredness and unclear thinking. Indicas are often recommended for nighttime use.

CBD

CBD strains are reported to be helpful in treating a number of medical conditions and symptoms while producing little to no psychoactive effects (or “high”). CBD may be helpful in relieving pain, reducing anxiety, and may have anti-inflammatory properties. It has also been reported to be useful in treating seizure disorders, particularly in children.

THC

Tetrahydrocannabinol, or THC, was the first cannabinoid identified and its therapeutic effects are well documented. THC is known for producing most of the psychoactive effects of cannabis, or the “high”. Cannabidiol, or CBD, is another cannabinoid well documented for its medicinal benefits, but produces little to no “high”. The ratio of THC to CBD and to other cannabinoids varies from strain to strain.

Hybrid

Hybrid strains are produced when two or more strains are cross bred. Strains are often tailored through crossbreeding with one variety typically, dominant, to create desired therapeutic effects.

UNDERSTANDING THE PRODUCT LABEL

The label affixed to all Thrive medical cannabis products includes useful information to help guide responsible ingestion. Always thoroughly read the label. An example of a product label for flower can be found below.

Registered qualifying patients and designated caregivers may purchase up to **2.5 ounces** of medical cannabis in a **14-day period**.

Ounces to Grams Conversion

1/8 = 3.5437 gram

1/4 = 7.0874 gram

1/2 = 14.1748 gram

1 oz = 28.3495 gram

2.5 oz = 70.8738 gram

Understanding a Flower Label

Product/Strain Name	Test Flower	Wellness Center
Total amount of cannabis contained within the package	Net Weight: 3.5 g	5 Wellness Center Way
Date product was packaged	Packaged On: 01/10/16	Anytown, IL 62222
Expiration date of product	Use by: 01/10/17	
Important warnings	This product is for medical use only. Keep away from children.	
Date of testing and amounts of cannabinoids contained	Date of Testing: 01/10/16	THC: 8%, THCA: 1%, CBD: 0.5%, CBDA: 0.5%
Name of Dispensary	Thrive Anna	
Cultivation Center Name and address		

METHODS OF USE

POTENCY

Thrive dispensaries carry a variety of medical cannabis products and we'll continue to expand our product line as we grow. Because the choices can initially be overwhelming, we are here to guide you through finding the product that is right for you. When you visit our dispensaries, our Patient Advisor (PAs) will be eager to offer guidance and answer questions. Products are available in a variety of different strains and forms.

There are many ways to use medical cannabis to achieve your desired results. We recommend that you explore various methods of use to determine which approach works best for you. Please speak with a Patient Advisor to discuss products and methods of use.

TRACK RESULTS

It is recommended to keep a log or diary of products ingested, likes/dislikes, side effects, etc. to establish which strains & products work best for the patient.

Inhaling medical cannabis is an effective way to quickly introduce cannabinoids into the bloodstream and to the associated cannabinoid receptors throughout the body. When inhaling medicine, the effects are felt almost immediately and can last anywhere from 90 minutes to several hours. Peak potency (strength) is usually felt within 30 minutes of administration. Inhaling cannabis is often associated with smoking, which can be an effective delivery method. Vaporizing is another effective way to inhale your medicine. Vaporization heats cannabis oils to a temperature sufficient to produce airborne vapors without burning the plant material. This eliminates most of the detrimental chemicals and tars that may be present when smoking. Vaporizing can be used with flower/buds or with concentrates, including pre-dosed cartridges. If you are inexperienced with medical cannabis, we suggest trying one inhalation or "puff" and wait 10-15 minutes before increasing your dose. Vaporizers are available for purchase at each Thrive location.

Ingesting medical cannabis orally is another common way to medicate without smoking. Edibles are food products infused with active cannabis extracts that can be ingested. Thrive IL also offers capsules or pills, that contain active cannabis oils. Ingesting or eating cannabis can result in very different effects from inhalation so inexperienced users should experiment carefully. The effects of ingesting medical cannabis may be delayed by over two hours and will usually last much longer than inhaling. As with other cannabis products, proper edible dosage requires some degree of experimentation and patients should start with the smallest dose possible, waiting at least 2 hours before increasing the dose. Always consult with your physician regarding proper cannabis dosing.

CANNABIS INFUSED PRODUCTS DOSAGE GUIDE & SAFETY

CONSULT WITH YOUR DOCTORS

Always speak with a doctor before using cannabis. If you are taking other medications or drugs, please consult with your doctors about possible interactions. It is imperative that a patient **NEVER** stop taking prescription medications unless instructed by their physician.

Before you use medical cannabis, you should consult with your physician, particularly if:

- You have heart disease
- You have asthma or other respiratory diseases
- You have a history of drug or alcohol abuse or dependence
- You have a history of a serious mental disorder

WHAT ARE CANNABIS INFUSED PRODUCTS?

Cannabis Infused Products are products infused with cannabis that include edible products, tinctures, oils and more.

WHAT ARE EDIBLES?

Cannabis edibles are food products infused with cannabis extracts that can be taken as pills, baked goods, lozenges, and other foods. Edibles offer a pre-determined dose and a longer lasting effect that doesn't require continued dosing throughout the day or night.

Lesson 1 Get Your Dosage Right

START LOW AND GO SLOW

This is the most important concept with MIPs. Start with a low dosage and do not increase it until you are certain of the impact of your dosage. The mistake some people make is to start with an initial dosage that is too high. Another mistake is to start with a low dosage and add to it after a short period of time without waiting a few hours to see the actual impact of the initial dosage. Remember, you can never go back and have less!

FIRST TIME RULE OF THUMB

Start with a 10mg dose or less. Wait at least two hours before having anymore.

THC vs. CBD

Every label outlines the cannabinoid profile of the cannabis in the product. If you are looking for a high-CBD (non-psychoactive) product, look at the label, which clearly outlines the CBD content of the product. THC is a psychoactive element that can create the impact typically referred to as a "high".

TOLERANCE

A high tolerance for smoking does not necessarily equate to a high tolerance for medical cannabis edibles.

VARIANCE

Tolerance varies with a variety of factors, including a patient's weight, body chemistry, and metabolism.

Lesson 2 Understand Duration

DURATION

Cannabis infused products can take **up to two hours to kick in** and can last for **up to eight hours** or more.

TRACK THE TIME

Remember to note the starting time when you consume an edible and keep track of time.

ABSORBED IN THE STOMACH

Cannabis infused products absorbed through the stomach (pills, brownies, etc.) can take up to two hours to kick in but can be felt for up to eight hours or more.

ABSORBED IN THE MOUTH

Edibles you hold in your mouth (lozenge, tincture, RSO, etc.) can be felt more quickly than other edibles and will usually last for between 2-3 hours. However, individual experiences may vary.

Lesson 3 Be Responsible About Storage

KEEP YOUR MEDICINE AWAY FROM CHILDREN!

Keep edibles in original, childproof packaging and away from children! Medical cannabis can cause harm to children and should be stored in its original childproof packaging and ideally under lock and key to avoid accidental ingestion by children or others. To avoid the risk of accidental ingestion, DO NOT store edible cannabis products with other foods. Please be responsible about SAFE STORAGE.

BE SMART

Do not store edibles with other food!

SAFELY & LEFALLY STORING MEDICAL CANNABIS

Patients are responsible for keeping their medical cannabis fully safe and secure. Each patient is responsible for making sure that no one else has access to or uses his/her medical cannabis.

To keep your medical cannabis secure:

- Store cannabis in its original container
- Do not remove the label from the container
- Keep it in a secure area, away from children and pets

In the event you suspect or learn that your medical cannabis has been stolen or misappropriated or is the subject of any illicit activity, contact your local law enforcement immediately.

Lesson 4 Be Careful

ALCOHOL

Do not mix cannabis infused products and alcohol.

EATING

Don't eat cannabis infused products on an empty stomach. Eating a full meal before consuming cannabis infused products is recommended as it helps in lowering the intensity of the effects.

DRIVING & MACHINERY

Never drive or operate machinery under the influence of cannabis!

TOO MUCH?

Anxiousness and paranoia may accompany accidental over-ingestion. In this event, it is best to stay calm and remain in a comfortable, safe place. With time, these negative effects will pass.

POSSIBLE SIDE EFFECTS

Cannabis is one of the safest medicines: it is impossible to consume enough to produce a toxic effect in the body. However, if you are unfamiliar with it, there are some effects, which you should be aware of so that you can use it more effectively.

UNEASINESS

Cannabis usually has a soothing and comforting effect on the mind. Sometimes, however, people do experience feelings of anxiety. If this happens to you, there are several things you can do. Try to stay in environments where you feel naturally comfortable. If you feel anxious, sit or lie down, breathe deeply, and relax. If you have loved ones with you, hold each other for a while. If you have a pet, hold or stroke it. Eating will often quickly reduce the feeling of anxiety. Then, the next time you use it, try reducing your dosage. Because of our social training, you may have feelings of guilt. Know that you have a right to your medicine.

HUNGER & THIRST

Many patients use cannabis to stimulate appetite. If you are not using cannabis for this purpose, drink water or juice. If you wish to eat, eat good nourishing food rather than sweets.

REDNESS OF THE EYES

This will not hurt you. If you must go out in public and are concerned about others' reaction to the redness, wear sunglasses or use eye drops.

DROWSINESS

If cannabis makes you sleepy, take a nap if you can and wish to. As with all medicines that can produce drowsiness, don't drive or operate heavy machinery.

SLEEPLESSNESS

If you find that you can't sleep for a while after using cannabis, try reducing your dosage and avoid using it for about two hours or so before you want to sleep.

SHORT-TERM MEMORY LOSS

Sometimes people find it difficult to carry on a complicated conversation, keep track of details, or perform complex tasks. If this happens to you, schedule your time so that you don't have to do these things when using your medicine.

GIDDINESS

Many people find that things which normally don't seem funny become quite amusing when they use cannabis. Most people enjoy this effect. If you must deal with situations where humor would be inappropriate in your judgment, schedule your time so that you don't have to deal with them when you are taking your medicine.

STATE AND FEDERAL REGULATIONS

Illinois Regulations

It is illegal to possess or use cannabis if you do not have a debilitating medical condition and are not a registered qualifying patient or caregiver.

It is **ILLEGAL** to possess cannabis for **ANY** reason in any of the following places:

- In a school bus
- On the grounds of any preschool, primary or secondary school
- In any correctional facility
- In a vehicle
- In a vehicle not open to the public unless the medical cannabis is in a reasonably secured, sealed, tamper-evident container and reasonably inaccessible while the vehicle is moving
- In a private residence that is used at any time to provide licensed childcare or other similar social service care on the premises

Persons under 21 years of age are prohibited from purchasing smokable medical cannabis, including vaping products, paraphernalia and associated accessories.

SAFELY & LEGALLY ADMINISTERING MEDICAL CANNABIS

Ingestion of medical cannabis in any public place where an individual could reasonably be expected to be observed by others, in a health care facility, or any other place where smoking is prohibited under the Smoke Free Illinois Act is **ILLEGAL**.

Public places do not include private residences, unless the private residence is used to provide licensed childcare, foster care, or other similar social service care on the premises. A public place does include a health care facility. A health care facility includes, but is not limited to hospitals, nursing homes, hospice care centers, and long-term care facilities.

All registered qualifying patients must notify the Illinois Department of Public Health:

- Of changes in the patient's name or address
- If the patient ceases to have the debilitating medical condition
- If the qualifying patient is deceased (the designated caregiver, in any, or a legal representative of the patient shall notify the Department)
- Of a change in the designated caregiver
- Of a change in the selected dispensary organization
- If the registry identification card is lost or stolen

Safely and Legally Transporting Medical Cannabis

Medical cannabis must be secure, sealed, and inaccessible during transport. It is not legal to transport medical cannabis in a vehicle unless the medical cannabis is in a reasonably secured, sealed, tamper-evident container and reasonably inaccessible while the vehicle is moving.

Reckless Driving or Driving Under the Influence of Cannabis is Illegal

It is **ILLEGAL** to operate, navigate, or be in actual physical control of any motor vehicle, aircraft, or motorboat while under the influence of cannabis. Nothing in Illinois law prevents the arrest or prosecution of a registered qualifying patient for operating a motor vehicle under the influence of cannabis. Any registered qualifying patient who refuses a properly requested test related to operating a motor vehicle while under the influence of cannabis shall have his or her registry identification card revoked.

Federal Laws on Cannabis

Cannabis remains a Controlled Substance under federal law. Thus, its possession and use is currently illegal under federal law.

Always seek the advice of your attorney before purchasing, possessing, or using cannabis and regarding the resulting risks and penalties that may be imposed by the federal government. The information and materials provided to you by Thrive should not be used as a substitute for the information and knowledge that your attorney should provide to you.

SAFETY & RESPONSIBILITY

GOOD NEIGHBOR POLICY

Before purchasing from Thrive, all dispensary members are required to sign a “Good Neighbor Agreement” (pages 6-7). This form includes important patient acknowledgements for the safe and compliant use of medical cannabis. A signed copy will remain in your patient file. If a member is found in violation of the rules of the “Good Neighbor Agreement”, their membership may be revoked.

Thrive will always strive to be a good neighbor. We seek to be a model dispensary and will do our part to ensure that we are responsible, responsive, and compliant with all state laws and regulations. Our staff strives to perform in a way that is professional, respectful, and thoughtful. We kindly request that the people we serve follow the same standards to ensure successful implementation of the program and to garner the respect of our communities.

Use of cannabis or cannabis products on or around Thrive’s facilities is strictly prohibited. Our facilities are equipped with ample parking for our customers. Patients should park in the center’s parking. Please do not park in any of our neighboring areas.

Cannabis is federally illegal, may be dangerous to one’s health, and cannot be consumed in public. Your risk of federal prosecution increases on federal land, which includes national parks, and federally subsidized housing. Cannabis may not be transported across state lines.

All sales are final. No returns or exchanges. Patients may not bring product back into the dispensary after purchase. Any defective product must be reported within 14 days of purchase.

We want you to feel safe when you visit a Thrive dispensary. Please let us know if you need extra assistance while you’re visiting our facilities. Please immediately report any suspicious or illegal activity. Being a good neighbor will allow us to maintain a healthy relationship with the communities we serve and be able to serve your needs for years to come.

RESPONSIBLE USE

Medical cannabis may cause impaired motor skills and drowsiness. Avoid driving or operating heavy machinery when using your medicine. If you’re inexperienced using medical cannabis, it is a good idea to have someone with you the first time you medicate. Stop use if you feel confused, stressed, anxious, or uncomfortable. Remember to go “low and slow”, especially with edibles and infused products that have a delayed impact and are long lasting (see guide on pages 17-18).

TOLERANCE, DEPENDENCE, & WITHDRAWAL

Physical dependence on cannabis is not substantiated by research. However, psychological dependence is possible with the overuse of any substance. 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 cannabis use will, over time, result in lowered sensitivity to the drug. However, most patients lose side effects over time, not medicinal efficacy. To avoid gaining tolerance to cannabis, patients should try different varieties of cannabis and different intake methods.

SIGNS AND SYMPTOMS OF DRUG ABUSE AND DRUG ADDICTION

Although different drugs have different physical effects, the symptoms of drug addiction are similar. If you recognize the following signs and symptoms of substance abuse, consider talking to someone about your drug use.

COMMON SIGNS & SYMPTOMS OF DRUG ABUSE

- **Neglecting your responsibilities** at school, work, or home (flunking classes, skipping work, neglecting your children) because of your drug use.
- **Using drugs under dangerous conditions or taking risks while high**, such as driving while on drugs, using dirty needles, or having unprotected sex.
- **Drug use is getting you into legal trouble**, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit.
- **Drug use is causing problems in your relationships.**

COMMON SIGNS & SYMPTOMS OF DRUG ADDICTION

- **You've built up a drug tolerance.**
- **You take drugs to avoid or relieve withdrawal symptoms.** If you go too long without drugs, you experience symptoms such as nausea, restlessness, insomnia, depression, sweating, shaking, and anxiety.
- **You've lost control over your drug use.** You often do drugs or use more than you planned. You may want to stop using but feel powerless.
- **Your life revolves around drug use.**
- **You've abandoned activities you used to enjoy.**
- **You continue to use drugs, despite knowing it's hurting you.** It's causing major problems in your life – blackouts, infections, mood swings, depression, paranoia – but you use anyway

TREATMENT CENTERS IN ILLINOIS

Alliances will be formed with local substance abuse agencies and other non-profit agencies targeting youth awareness programs.

Providers for substance abuse may include:

The Fellowship House

800 N. Main Street

Anna, IL 62906

Ph: (618) 833-4456

www.thefellowshiphouse.com

Gateway's Carbondale Alcohol and Drug Treatment Center

1080 East Park Street

Carbondale, IL 62901

Ph: (877) 505-4673

<http://recoverygateway.org/drug-rehab-centers/southern-illinois/carbondale>

Centerstone Carbondale: South

2311 South Illinois Avenue

Carbondale, IL 62903

Ph: (618) 457-6703

www.centerstone.org/locations/illinois/facilities/centerstone-carbondale-south

Gateway's Caseyville Treatment Center

600 West Lincoln

Caseyville, IL 62232

Ph: (877) 505-4673

<http://recoverygateway.org/drug-rehab-centers/southern-illinois/caseyville>

Mulberry Center

100 Dr Warren Tuttle Drive

Harrisburg, IL 62946

Ph: (618) 252-0999

<https://www.harrisburgmc.com/services/behavioral-health-services/>



REVOLUTION

VAPE PEN TROUBLESHOOTING

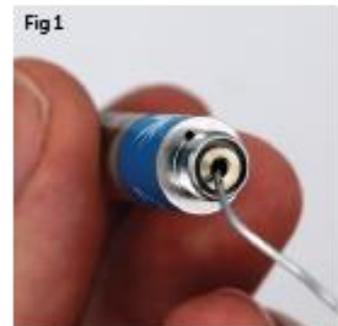
Q: My cartridge worked at first, and then stopped working.

- The holes in the cartridge may be clogged with oil. Try warming your cartridge with a hair dryer (lowest heat setting) or by rubbing it between your hands to warm up the oil and change its viscosity.
- Prime your coil by taking "dry hits" from your cartridge without the battery, and blowing gently into it.
- Make sure the battery is turned on and fully charged



Q: My vape pen doesn't work at all.

- The contact on the cartridge (fig 1) may be pushed in too far and not connecting with the contact on the battery. This can happen if the cartridge is removed and replaced on the battery multiple times. If this occurs, with your fingernail, pen cap or paperclip, SLIGHTLY pull the contact up until it is level.
- Inspect the battery contact; it may be clogged or coated. If this occurs wipe the contact portion with a Q-tip soaked in rubbing alcohol, reconnect your cartridge to the battery and try it again. Do NOT overtighten your cartridge.
- Unscrew the silver cap underneath the mouthpiece and check for draw holes on the inside of the cap. If there are no holes, contact your dispensary for a replacement cap.
- Make sure your battery is turned on and fully charged.



Insert a paperclip to pull the contact so that it sits flush.

Q: My cartridge is leaking.

- Remove the mouth piece from the top of the cartridge to expose the filling chamber. Make sure the rubber stopper is not loose or missing. If the rubber stopper is loose, push the stopper back down into the hole to stop the leaking. If the stopper is missing, contact your dispensary.



Q: The oil from my cartridge tastes burnt.

- Try setting your temperature control to a lower setting (fig 3).
- Ensure you are using a Revolution battery.



Any issues with
products must be
reported within 14
days.

Thank you,
Thrive

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