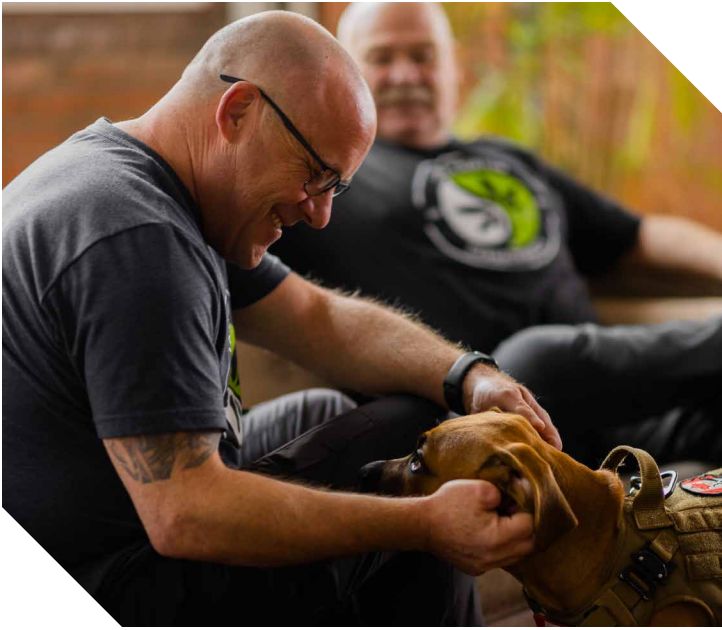




CannaConnect

Veteran's Guide



Mission Statement

At CannaConnect, our mission is to empower military and RCMP Veterans on their journey to wellness through medical cannabis.

We are committed to providing opportunities to engage with a supportive community through connection and conversation at our wellness lounges from coast-to-coast.

We lead with compassion and care to enable our community to learn, heal and thrive while working to end the stigma around mental health.



Medical Cannabis

Terminology

THC

THC is one of the major cannabinoids found in the cannabis plant which has therapeutic potential to relieve pain, inflammation, nausea and vomiting. The effects of THC are known to be intoxicating, meaning it can produce a high and impair cognition.

CBD

CBD is another major cannabinoid found in cannabis that has strong medicinal properties. However, unlike THC, it causes minimal to no intoxication in the majority of users. The research on CBD indicates that it may reduce pain, anxiety, and inflammation and is well known for its potent anti-epileptic effects.

Entourage Effect

The Entourage Effect refers to the synergistic interaction between the various compounds in the cannabis plant, including THC, CBD, and terpenes. These compounds can enhance or modify the effects of each individual compound and potentially produce a greater therapeutic benefit.

Terpenes

Terpenes are aromatic compounds found in a wide variety of plants, including the cannabis plant. They are responsible for the distinct smells and flavours of different strains of cannabis. In addition to their role in the plant's scent, terpenes may also have therapeutic effects. For example, some terpenes are believed to have anti-inflammatory and stress-reducing properties.

Indica

Indica is a classification of cannabis that is known for its relaxing and therapeutic qualities. Scientifically, indica is referred to as *Cannabis indica*, and these strains can offer sedation (sleepiness) and relief to those suffering from chronic pain. Indica strains may help promote appetite and reduce nausea.

Sativa

Sativa is a classification of cannabis strains that is known to have a more stimulating effect. Many say that Sativa varieties of cannabis are best used during the day as they may provide boosts of energy and can help to alleviate symptoms of depression.

How does cannabis work?

Medical cannabis works by interacting with the body's endocannabinoid system, a network of receptors and neurotransmitters that help regulate a wide range of functions including sleep, appetite, pain, and immune system response. The active compounds in medical cannabis, including THC and CBD, bind to cannabinoid receptors in the body, activating them and triggering a range of physiological and psychological effects.

The specific effects of medical cannabis can vary depending on the specific strain and the individual patient. Some strains may be more effective for certain conditions than others, and the right strain and dosage can vary from person to person. It's always best to consult with a healthcare professional before using medical cannabis to determine the best treatment plan for you.

Potential Therapeutic Uses of Medical Cannabis



Neurology

- Epilepsy
 - Neuropsychiatric symptoms in neurodegenerative diseases
-



Mental Health

- PTSD
 - Anxiety
 - Depression
-



Pain

- Neuropathic pain
 - Chronic pain
 - Enhanced sleep through reduced pain
-



Oncology

- Nausea
 - Appetite stimulation
 - Enhanced pain control
-



General

- Anorexia
- Harm reduction
- Crohn's disease
- Insomnia

Methods of Administration*

How to take your medication

There are many options when choosing a delivery method for your medical cannabis. The decision can be based on a number of things - onset time, duration of effect, or just your individual comfort level with one method over another.

DRIED PRODUCT



Onset:

5-15 mins

Duration:

2-4 hours



Pros:

- Rapid onset



Cons:

- Duration of effect is very short - peak is usually 15-45 mins
- Typically smoked or vaporized which has adverse effects on lungs
- Less discrete than oils, capsules, or edibles

*The timelines listed in this section are to be used only as a guide and CannaConnect reminds those using cannabis products to avoid safety sensitive activities like driving should they be under the influence of THC which has been demonstrated to impair performance.

OIL



Onset:

30-120 mins

Duration:

4+ hours



Pros:

- Very discreet
- Does not require combustion for desired effect
- Long lasting – Best for scheduled regimens
- Flexible dosing with use of dropper



Cons:

- Slightly longer than smoking or vaporizing to onset



CAPSULES



Onset:

30-120 mins

Duration:

4+ hours



Pros:

- Very discreet
- Does not require combustion for desired effect
- Long lasting – Best for scheduled regimens
- Precise dosing



Cons:

- Slightly longer than smoking or vaporizing to onset



EDIBLES



Onset:

30-120 mins

Duration:

4+ hours



Pros:

- Very discreet
- Does not require combustion for desired effect
- Long lasting – Best for scheduled regimens
- Flexible dosing as edibles can be divided into halves and quarters if needed



Cons:

- Slightly longer than smoking or vaporizing to onset
- Children may mistake for candy

CREAMS & TOPICALS



Onset:

Variable

Duration:

Variable



Pros:

- Very discreet
- Does not require combustion for desired effect
- Can be long lasting
- Good option for more localized treatment



Cons:

- Onset may take longer than smoking or vaporizing
- Effect is not always very strong as absorption through skin can be erratic



Local Oromocto Wellness Lounge



Tips and Tricks

From our
Medical Director,
Dr. Nick Withers



THC is the component traditionally associated with feeling “high” or impaired. We use that property of THC to assist with sleep and anxiety/panic attacks.



CBD tends to work better on pain and inflammation but also has some overall calming effects. Generally, it does not cause impairment, but some still find it can (particularly Indica strains) so care must be taken if you are performing safety sensitive tasks or roles (e.g., driving a car, taking care of children).



Many find Indica strains tend to be more relaxing and better to take before bed and less preferable for many during the day due to the heavier sedating effects.



Most believe that Sativa strains tend to increase energy and are often preferred during the day.



Always start low and go slow. You should slowly increase your dosage with increases every 3 or 4 days until you get an effect, or at the specified stop point.



Over time some patients may start to develop a tolerance so we recommend occasionally changing to another product with similar qualities (ie: similar THC/CBD amounts, similar strains (Indica or Sativa)).

Every 4-6 months may be worth switching for a short period but some may be able to stay on the same regimen for years without any issue.



If you are still working, you should only change medicinal cannabis products, dosing, or frequency during periods when you are not required to drive or be mentally alert as sometimes people will get unexpected side effects or impairment.



Local Nova Scotia Wellness Lounge



02



VAC Coverage & Registration

Who Has Coverage?

At this time, Military and RCMP Veterans with an awarded or pensioned condition are eligible for medical cannabis coverage.

✓ **Military/RCMP Veterans**

In order to get coverage as a Military or RCMP Veteran you will need to provide the following documents and information;

- 01 Summary of Assessment and or a Decision Letter that states awarded/pensioned conditions with the percentage (if no pensioned conditions yet, please submit a medical document stating a diagnosis)
- 02 Copy of your Medavie Blue Cross card
- 03 Release date
- 04 Licensed Producer of choice



First Responders

First Responders do not have coverage for medical cannabis at the moment, however, some Licensed Producers will offer a discount to still serving and retired First Responders.



Still Serving

Those who are still serving are not eligible for medical cannabis coverage, however, Licensed Producers like Aurora offer a discount to all still serving members.

*You will need to provide your service card/work ID in order to be eligible for First Responder or Still Serving discounts.



Exemption Letters

All Veterans are covered by Blue Cross for up to 3 grams (per day) of medical cannabis determined by their prescribing physician. In order to receive an exemption for above 3 grams per day, VAC requires additional documentation from a medical specialist with expertise in the condition for which the Veteran is using cannabis.

If you are in need of an exemption, please reach out and we can discuss the process. You can speak to the clinic manager at your Local Wellness Lounge or you can email info@cannaconnect.ca at any time.

How to Register

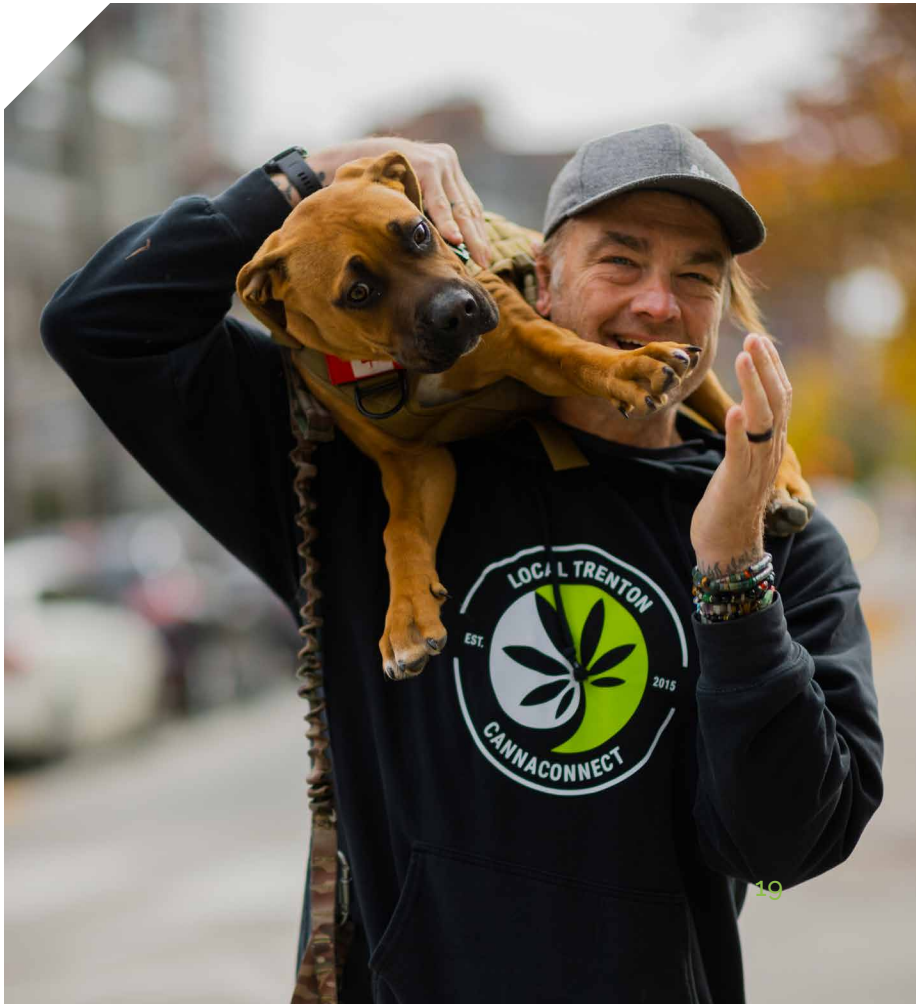
3 Easy Steps

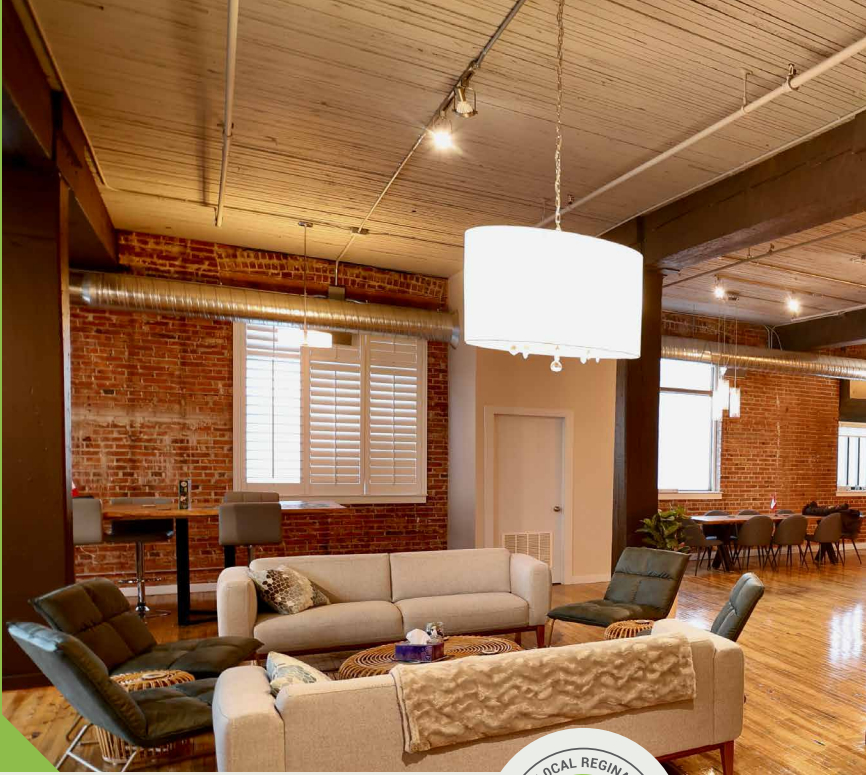
- 01 Intake Form** Visit our website at cannaconnect.ca and complete our short intake form
- 02 Book Appointment** A member of our team will help you gather your documentation and schedule you an appointment
- 03 Consult Specialist** You will speak with one of our medical professionals to determine the best treatment for you

Once you have registered, all of the information you have provided will be sent to the Licensed Producer of your choice. We will handle all the paperwork on your behalf.

You will be contacted by the Licensed Producer to register and place your first order.

Orders will be shipped directly to your home using Canada Post or Purolator.





Local Regina Wellness Lounge



03



Wellness Lounges



Locations

01 Victoria, BC

04 Regina, SK

02 Edmonton, AB

05 Winnipeg, MB

03 Saskatoon, SK

06 Hamilton, ON



07

Trenton, ON

10

Petawawa, ON

08

Kingston, ON

11

Oromocto, NB

09

Ottawa, ON

12

Lower Sackville, NS

13

New Minas, NS

14

St. John's NL



Local Trenton Wellness Lounge







We collaborate with and support Veteran groups such as Guitars for Heroes



About Us

Our nation-wide community is dedicated to empowering military and RCMP Veterans on their journey to wellness through medical cannabis.

With 14 Wellness Lounges across the country, we are committed to providing opportunities for Canadian Veterans to engage and reconnect with like-minded individuals who are in the pursuit of health and wellness.

We have a network of doctors and specialists who understand the unique needs of Canadian Veterans, and are proud to help them gain access to medical cannabis and cannabis education.

We know the important role that community and connection play in mental health. Whether it be a quick drop-in for a cup of coffee, a family-friendly BBQ, or a place to kick back and unwind—CannaConnect is a safe and supportive space for the Veteran community to improve and heal oneself, learn from one-another, grow, and thrive together.

Event Types

At the core of CannaConnect is our belief in the power of community for emotional and mental health support. Our Wellness Lounges across the country are a testament to that belief and offer Military and RCMP Veterans a place to connect with others who share experiences and understanding.

Our Wellness Lounges host a range of events on a weekly basis. All information can be found on our website at www.cannaconnect.ca/events

You can expect events like:



**Regular
Peer-Support**



Yoga



Music Night



BBQs



Movie Night



Family Night



Sporting Activities



And many more!



04

FAQs

01

How do I register to be a patient?

Intake Form Visit our website at cannaconnect.ca and complete our short intake form

Book Appointment A member of our team will help you gather your documentation and schedule you an appointment.

Consult Specialist You will speak with one of our medical professionals to determine the best treatment for you.

02

How do I know if I am eligible for medical cannabis coverage?

If you are a fully released military or RCMP Veteran covered by Blue Cross, you may be eligible for medical cannabis coverage. It is best to speak with your case manager or call our team of Patient Care Representatives for more information.

03

Are appointments in person or virtual?

Appointments are virtual and are done on a telemedicine platform. However, you are welcome to come to any of our offices to take your appointment from there.

04

Do I need a doctor's referral?

You do not need a doctor's referral to become a client. We accept both self-referrals and referrals from health care professionals. Once you have registered with CannaConnect, you will have the opportunity to consult with one of our Healthcare Specialists who have an in-depth understanding of conditions such as PTSD and chronic pain and are very well versed in medical cannabis treatment options.

05

What will I need for my appointment?

Prior to your first appointment you will need to complete our intake questionnaire as well as a copy of your provincial health card (ex: OHIP), photo ID, and a list of medications that you are currently taking.

06

Can I visit a lounge at any time?

Wellness Lounges have an open-door policy during business hours! Our Wellness Lounges are located coast-to-coast and were created with the intention of offering Veterans a space that they can drop-in to unwind and connect with others in the community. To find out the business hours of your local Wellness lounge, visit cannaconnect.ca/locations

07

Are appointments free?

Yes, appointments are free for Veterans.

08

How often will I have an appointment?

The number of appointments you have will be based on the duration of the medical document (prescription) you receive. During your consultation, our practitioners will discuss the length of your document.

09

Can CannaConnect help me get an exemption letter?

Yes! For clients who need more than 3 grams per day, CannaConnect can assist you in getting an exemption letter for coverage.

10

How do I order my medical cannabis?

Following your appointment with one of our healthcare specialists, your medical authorization will be sent to a licensed producer of your choice. Once the LP processes your medical document (typically 1-3 business days), you will be notified and may begin ordering your medical cannabis online through their website or via telephone.



LOCAL OROMOCTO

EST.

CANNACONNECT



[CANNACONNECT.CA](https://cannacollect.ca)