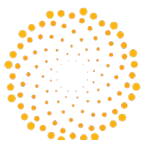


Patient Guideline



MyMedi.ca

MEDICAL CANNABIS CARE

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RHO PHYTO

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PHONE

1-844-500-2040 (Toll-Free)

PATIENT SUPPORT TEAM EMAIL

support@mymedi.ca

SECURE FAX FOR MEDICAL DOCUMENT

1-844-500-4042 (Main)

289-499-3791 (Alternative)

WEBSITE

mymedi.ca

MAILING ADDRESS

MyMedi.ca c/o Northern Green Canada Inc.

1-275 Orenda Road, Brampton, ON L6T 3T7

LICENCE INFORMATION

Licence Number: LIC-NS4TE0CY1U-2021

WELCOME TO MYMEDI.CA

ABOUT MYMEDI.CA

MyMedi.ca is a medical cannabis care platform formed through an alliance between the medical community, patients and industry partners to better serve patients' needs.

MyMedi.ca's medical cannabis care platform is formed with the aim to better serve medical cannabis patients' needs and enhance the patient journey. MyMedi.ca launched in August 2023 and features diverse and scientifically curated products from leading Canadian licensed producers in addition to pharmacist-led patient support programs and educational resources to facilitate the incorporation of medical cannabis into health care regimens.

We also provide specialty services to distinct patient groups such as veterans and collaborate with public and private insurers to provide online or manual direct billing for patients with medical cannabis coverage.

KEY HIGHLIGHTS

- **Pharmacist-led consultations** and personalized treatment plan support
- **Dedicated patient support team** offering education, product selection guidance, ordering assistance, and issue resolution
- **Discount programs** available for seniors, pediatric patients, first responders, actively-serving military members and their spouses, as well as compassionate pricing options
- **Specialized programs** tailored to support Veterans
- **Direct billing and insurance support**, including preferred vendor arrangements for WSIB and WSBC
- **Assistance with motor vehicle accident claim processing**
- **Eligibility for medical tax deductions** and coverage through health spending accounts
- **High product quality standards** and strict freshness policies



SPECIALTY CARE PROGRAMS

MyMedi.ca is dedicated to supporting our diverse patient populations. We provide a wide range of services to help patients navigate their medical journey. We currently have programs that support specialty cannabis care for:

Table 1. Overview of specialty programs

Program	Services and Discounts
Pediatrics	20% Pediatric Discount + an extra 20% off Rho Phyto product line with a promo code
Seniors	Patients who are 65+ receive a 15% discount
Income-sensitive Individuals	MyMedi.ca offers a 15% discount on all medical cannabis products for qualifying patients. To qualify, your individual total gross income must be below \$40,000. Proof of eligibility is required
Native Status	Patients may email or upload a copy of their Native Status' card to qualify for tax exemption on their orders
Veterans	Supporting coverage through Veterans Affairs Canada and provide Good Faith Coverage (GFC) up to 3g/day
Insurance Patients	Supporting direct billing & adjudication to various private and public payors across Canada (WSIB, WSBC, WSNB, CNESST, plus many more)
Long-term Care Patients	We work with Health Care Professionals from Long-term care, as well as the patients' caregivers to ensure right treatment and seamless care for the patient
Motor Vehicle Accident	Some patients may be eligible for coverage after a motor vehicle accident. Speak with a pharmacist today to find out if you may qualify
First Responders	15% discount on all medical cannabis products for first responders, proof of eligibility is required

ABOUT MEDICAL CANNABIS

Prior to January 2020, medical products available for patients were extremely limited, with product offerings consisting mainly of dried flower and basic oil tinctures. However, novel delivery forms and more advanced formulations can provide patients with other options. A recent Health Canada survey shows a general trend of patients moving away from inhaling dried flower for symptom relief, with oral oils being the most popular method of consumption used by over 50% of medical patients.¹ This survey also suggests that 60% of medical patients require products with a significant amount of CBD for symptom control, using products that are CBD-dominant or with a balanced THC:CBD ratio, for effectiveness.

SELECTING THE RIGHT PRODUCTS FOR YOU

Advances in medical cannabis have led to the creation of several types of products that provide smoke-free alternatives. These options include sublingual sprays, oil drops, capsules, topical creams and gels. These products can provide better dose control, consistency, quality and are safer than inhalable product options. When it comes to choosing the right product, a health care practitioner (HCP) will be critical in helping you select the proper product and dose.

HCPs will take numerous factors into account such as age, medical history and previous cannabis exposure to help you select the type of product that will be best suited to help address your needs. A common approach to product selection by HCP includes assessing the THC to CBD ratio (Table 1) and the type of effect that would be beneficial for you based on onset of action (Table 2).

Table 2. Common cannabinoid ratios that are prescribed by HCPs

Ratio	CBD Only	THC:CBD			THC:CBD	THC:CBD		
		1:25	1:10	1:5	1:1	25:1	10:1	5:1
Characteristic	THC FREE High CBD	Low THC High CBD			Balanced THC:CBD	High THC Low CBD		

Table 3. Expected time to onset of action for finished product types

	Non-inhalable	Inhalable
Slow-acting Long-lasting	Oils, Capsules, Edibles, Topicals	-
Faster-acting Moderate lasting	Sublingual sprays, Nano drops, Fast release capsules, Suppositories	Dried flower Vapes

DID YOU KNOW ? ¹

The cannabis plant contains more than 100 different active compounds. Each product is formulated and absorbed differently, even if you take the exact same dose of a new product you may experience altered symptom relief and side effects. For more instructions on specific products that we offer on our platform, please reach out to the MyMedi.ca Patient Support Team

HOW TO USE

Although each product may have a slightly different instruction to use, there are 4 main delivery methods for medical cannabis. Each method of consumption will require different tools or processes and produce varying physiological effects. Differences in onset and duration of action, and the safety profile of each method should be considered carefully with your health care professional.



INHALATION

Inhalation is the most common way that people traditionally consume cannabis. These include vaporizing, vaping, and smoking (a joint, or pre-roll). Smoking is one of the most harmful ways of using cannabis. If you decide to smoke, it is not recommended to inhale deeply or hold your breath.



SUBLINGUAL

For a faster onset of action than regular ingestible products, sublingual products may be considered. These type of products are administered under the tongue to provide more direct absorption into the bloodstream by avoiding first-pass metabolism in the gut and liver. It is recommended to shake the bottle well before using and hold oil under tongue for 30-90 seconds before swallowing.



INGESTION

Ingestible products include cannabis oils, capsules, and edibles (chocolates, soft chews, dissolvable powder, honey sticks). The onset of effects can take between 30 minutes to two hours, which may make it difficult for patients to dose. It is recommended to start low and go slow while monitoring for the effects and side effects of cannabis. Oils may be incorporated with food, drinks or ingested on their own. Most of the oils on MyMedi.ca come with an oral syringe marked with dose amounts in millilitres (mL).



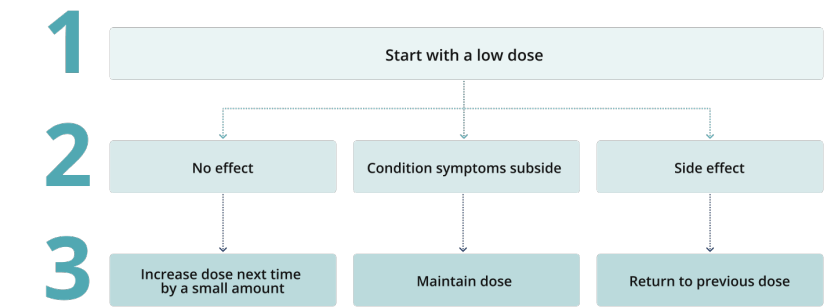
TOPICAL

Topical products are applied and absorbed through the skin for localized effects. Although the use of topical products generally has minimal intoxicating effects, it is still recommended to start low at one application each day and slowly titrate up to twice or more per day as needed. Avoid applying on broken or irritated skin. There are various types of topicals, where some are meant to remain in the skin layers, while others are meant to be absorbed deeper into muscle and joints.

DOSING AND TITRATION

HCPs are important in determining your dosing plan. HCPs use a start low and go-slow approach to help determine appropriate dosing in order to minimize any potential side effects.² As everyone’s response may be different, it is important to keep track of any side effects that you may experience.

Figure 1. Guide to Start Low and Go Slow recommendations for prescribing medical cannabis



① MyMedi.ca

Our pharmacists can help guide you in product selection and personalize your treatment plan to be in line with this approach.

① Did you know?

When starting a new product, keeping a simple daily log of your dose, effect, and any side effects will help you get a better idea of the exact dose you require for symptom management and will help your medical team achieve your health goals.

POTENTIAL SIDE EFFECTS

Each product may cause different types of side effects to occur. Products that contain high amounts of THC are more commonly associated with a higher risk of side effects.^{3,4} Products that are THC-free are associated with less side effects. If you experience serious adverse effects, it is recommended to discontinue use of the product and immediately contact your HCP.

- If you experience **severe side effects** please contact your local emergency line at **911**.
- If you experience **minor side effects** such as dizziness, nausea, anxiety or any listed below please call MyMedi.ca at **1-800-500-2040** and consult a pharmacist.
- It is important to note that cannabis can also interact with your medications. It is always best to let your pharmacist know about new medications or dosage changes so that they can ensure there are limited interactions.

Table 4. Side effects associated with cannabis-based medicines

Occurence	Most Common	Common	Rare
Side Effect	Drowsiness, fatigue, dizziness, dry mouth, anxiety, nausea, cognitive effects	Euphoria, blurred vision, headache	Orthostatic, hypotension, toxic psychosis or paranoia, depression, instability, tachycardia, cannabis hyperemesis, diarrhea

WARNINGS AND PRECAUTIONS

Your HCP will review the following concerns prior to providing authorization for medical cannabis³:

- Prescription for anyone under the age of 25 with products high in THC.
- Previous or family history of psychiatric conditions including schizophrenia, bipolar disorder, and psychosis.
- Patients who have severe hepatic or renal disease, cardiovascular or cerebrovascular disease (i.e., at greater risk for high blood pressure, increased heart rate and stroke).
- Patients who are pregnant, planning to become pregnant, or breastfeeding.
- Those who have a history of drug or substance disorders.
- Combination of medical cannabis products high in THC with central nervous system depressants (i.e., alcohol, barbiturates, and benzodiazepines).
- Combination of medical cannabis with stimulants such as cocaine, MDMA, and amphetamines which can lead to increased risk of tachycardia.

It is also important to consider that medical cannabis use may lead to dependence, tolerance, and withdrawal symptoms following heavy or frequent use. ³

GENERAL WARNINGS



Patients should not drive or operate machinery after using medical cannabis as it may cause unwanted side effects such as dizziness or drowsiness and you will legally be considered impaired.



Patients should not drive with cannabis that is open/not in original packaging.



Flying anywhere outside of Canada with cannabis is illegal even if the location has also legalized cannabis. You may be able to travel **WITHIN** Canada with medical cannabis but please check with the airport to confirm that they will allow it.



Patients with young children at home should take additional precautions to store medical cannabis in a safe place.



Cannabis, even products containing only CBD, may affect the effectiveness of other medications. This can put patients at risk for more side effects or reduced effectiveness of their prescription medications.

① NOTE TO PATIENTS

Please consult your healthcare professional, or contact our patient support team to speak to a pharmacist, about the risk of these drug interactions when adjusting or initiating your therapy. Our cannabis-trained pharmacists at MyMedi.ca are always available to consult with our patients or their healthcare providers about potential risks and provide guidance.

REFERENCES

1. Government of Canada (1-17-2024). Canadian Cannabis Survey 2023: Summary. <https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/research-data/canadian-cannabis-survey-2023-summary.html>
2. MacCallum, C.A., and Russo, E.B. (2018). Practical considerations in medical cannabis administration and dosing. Eur. J. Intern. Med. 49, 12–19.
3. Health Canada. (2018). Information for health care professionals - Cannabis (marihuana, marijuana) and the cannabinoids. (180312) Retrieved from Health Canada Website: <https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/information-medical-practitioners/>
4. World Health Organization. (2018). Cannabidiol (CBD) Critical Review Report Expert Committee on Drug Dependence Fortieth Meeting. 1–22 p.

ABOUT RHO PHYTO

RHO Phyto formulations have undergone extensive research and development resulting in a line of products that meets the quality and consistency standards that patients should expect of medical cannabis products.

The RHO Phyto line consists of advanced oral and topical delivery forms of medical cannabis extracts including oil drops, sublingual sprays, capsules, and topical creams and gels. All RHO Phyto formulations are designed to maintain the stability of cannabinoids to ensure more consistent effects over the course of use. These formulations are optimized for increased and faster absorption of cannabinoids relative to basic MCT (medium-chain triglyceride) oil formulations.



RHO PHYTO PRODUCTS



Nano Drop

5:50

5 mg/ml THC
5 mg/ml CBD

25:25

25 mg/ml THC
25 mg/ml CBD

25 THC

25 mg/ml THC

- Proprietary water-soluble product designed for enhanced absorption and rapid on-set of 15 minutes
- Designed for discrete administration into beverages
- Demonstrated long-term shelf-life stability
- 50 drops per 1.0 mL. Each drop releases 0.02mL of the product



Deep Tissue Gel

0.2:5

0.2 mg/ml THC
5 mg/ml CBD

- Designed for enhanced absorption into the deeper layers of skin and muscles
- Water-based gel that is non-greasy, non-staining and provides a cooling sensation on contact
- Metered pump bottle for accurate dosing
- One pump delivers 0.5 g of gel



CBG Transdermal Gel

20:10

20 mg/g CBD
10 mg/g CBG

- Designed for enhanced absorption into the deeper layers of skin and muscles
- Water-based gel that is non-greasy, non-staining and provides a cooling sensation on contact
- Metered pump bottle for accurate dosing
- One pump delivers 0.5 g of gel



Rapid Act Sublingual Spray

10:20

10 mg/ml THC
20 mg/ml CBD

40 CBD

THC FREE
40 mg/ml CBD

20:10

20 mg/ml THC
10 mg/ml CBG

- Advanced formulations designed to enhance absorption of cannabinoids
- Made to be applied sublingually for direct absorption
- Designed for rapid onset
- Easy-to-use spray
- Metered and accurate dosing
- 10 sprays in 1.0 mL, 1 spray is equivalent to 0.1 mL



Micro Drop Oil

100 CBD	50 CBD	2:50
THC FREE 100 mg/ml CBD	THC FREE 50 mg/ml CBD	2 mg/ml THC 50 mg/ml CBD
5:20	30 THC	10:10
5mg/ml THC 20 mg/ml CBD	30 mg/ml THC	10 mg/ml THC 10 mg/ml CBD

- Higher absorption and faster onset compared to basic MCT oil products
- Advanced formulation helps maintain stability of cannabinoids
- Metered dosing using an oral syringe



Ultra CBD Cream

30 CBD
THC FREE 30 mg/ml CBD

- Designed for sensitive skin
- THC and allergen free formulation is designed for localized absorption in the skin
- 2-years shelf-life stability



CBD Daily Dose Gummies

20 CBD	1:10
THC FREE 20 mg CBD per gummy	1 mg THC per gummy 10 mg CBD per gummy

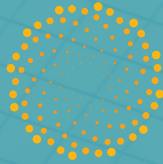
- Vegan with reduced sugar
- A fruity flavour with a smooth experience
- Accurate and consistent dosing
- 10-pack and 30-pack



Rapid Dose SEDDS Capsules

50 CBD	5:5
THC FREE 50 mg CBD	5 mg THC 5 mg CBD

- Proprietary product designed for fast release and enhanced absorption for rapid on-set
- Demonstrates long-term shelf life stability



MyMedi.ca

MEDICAL CANNABIS CARE

The information provided by MyMedi.ca is for general purposes only and does not represent medical advice.