The Health Level Warning-Sound is the following= 00-n112e.wav -to be found inside the always.dat. This is used for the DeHealthCrate.

And another funny thing is changing the Sound for the TiberiumCrate (don't knwo the exact String). instead of the Sound which is used if the player turns into a Visceroid, use l06b_17_npa01.wav   -this is the Warning from SP mode Mission 6 when the Laboratory explodes.

EDIT:
If you wanna hear something else if you die ingame, extract the following Sounds and rename them to dying1.wav=
m00vnsc_kill0051i1gbmg_snd.wav or
m00gbmg_dfax0003i1gbmg_snd.wav or
m00gbmg_tfea0002i1gbmg_snd.wav